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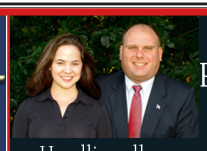
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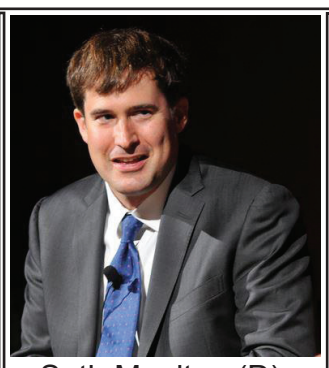
2014 ELECTION WINNERS

Charlie Baker (R)
GOVERNOR

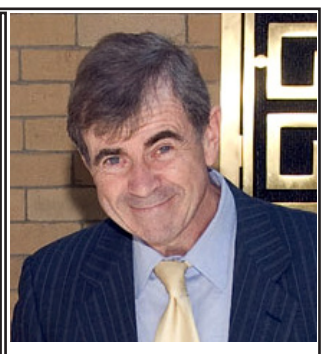


Seth Moulton (D)
CONGRESS

Maura Healey (D)
ATTORNEY GENERAL

Deb Goldberg (D)
STATE TREASURER

Suzanne Bump (D)
STATE AUDITOR

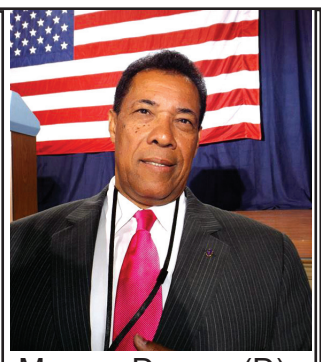


Bill Galvin (D)
STATE AUDITOR

*Katy Ives (D)
STATE SENATE

Diana DiZoglio (D)
STATE REP. (14th)

Linda Campbell (D)
STATE REP (15th)



Marcos Devers (D)
STATE REP. (16th)

Jim Kelcourse (R)
STATE REP (1st)

Barbara L'Italien (D)
STATE SENATE

"Remembering the Lessons of History as We Honor America's Veterans"

Kenneth Willette
VALLEY PATRIOT VETERAN COLUMNIST

I have always deeply valued the honorable service and sacrifices rendered by veterans throughout our beloved nation. These veterans came from vastly different backgrounds, races, ethnicities, economic classes and neighborhoods. However, they always collectively shared the common purpose of duty, honor, and love of our nation.

Their remarkable journeys often tested the limits of human endurance. Their courageous actions undoubtedly saved countless innocent lives across the globe. They never permanently conquered land or treasures for themselves, but they marshalled their great might, lifted entire nations from the wrath of mass-murdering dictators and often brought out the very best of humanity.

These brave American warriors were at times underestimated and ridiculed by their enemies. These formidable enemies could not quite understand how these small-town residents, inner-city dwellers, or farmers could cohere together, march hundreds of miles in miserable conditions, break through seemingly impossible obstacles, succeed against battle-hardened troops and occasionally be outmanned and outgunned. America's enemies learned too late the inherent fallacy of that twisted logic-- mainly because they could not fully comprehend that free men and women have more to lose than the blind followers of fanatical leaders, who divide people, indiscriminately kill civilians and promote a homicidal agenda of conquest and carnage.

It should always be remembered that not only hundreds of millions of Americans, but untold millions more in Europe and Asia, can directly link their personal freedoms and natural rights to the successful intervention forged by America's finest guardians of freedom and peace. And we are not just talking about the right to vote for our elected leaders, voice our opinions, practice our faith, engage in peaceful assembly and travel freely—all admirable and well-defended liberties.

American soldiers have also ensured that hundreds of millions of innocent men, women and children-- both here and abroad-- are equally free from the tyranny of political oppression, the advent of religious persecution, and the darkest atrocities of ethnic cleansing and wholesale genocide. Freedom from fear, freedom from imprisonment for contrary political thought, freedom from deportation in the middle of the night to reeducation camps, or worse, execution. These guiding principles have liberated generations from the evil forces of Nazi Germany, the Japanese Empire, the godless Communist regimes of Eastern Europe and cowardly, soulless terrorists. This humanitarian and moral fight continues to this very day.

For all of these reasons, we must never forget the lessons of history. We must always pay tribute to the ultimate sacrifices offered by hundreds of thousands of American soldiers since our nation's birth. And we must always be mindful that freedom is never free.

Because for us to truly appreciate our loved ones and our cherished freedoms, we must look no further than the veterans assembled at parades and ceremonies, those stationed at bases both domestically and overseas, and those still suffering from wounds inflicted in combat. We must also keep in our thoughts and prayers the lost heroes who paid dearly to ensure that this democratic beacon of hope has survived and will endure for future generations.

Kenneth Willette is a former Methuen City Councilor and School Committeeman. Email him at: kennethwillette kennethwillette@verizon.net

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Corruption Must be Baker's First Priority

Massachusetts Governor-elect Charlie Baker has a tough job ahead of him.

We believe Baker must identify and address the rampant corruption epidemic plaguing the state before he can adequately tackle the budget deficit left by tax and spend Democrat Deval Patrick, the incompetence at DCF, a Parole Board out of control, an EBT welfare program that leaves children starving, or a tax structure that discourages business.

Quite often, whistleblowers call The Valley Patriot offices to tell their story of waste, fraud and abuse because they have no idea who they can trust in government to report the crimes they are aware of.

Most are petrified to talk to government agencies for fear that their identity may be revealed.

Day after day, we hear from animal rescues concerned about the corruption in the Department of Agriculture, nurses who work at the VA who are fearful of telling their supervisors about abuse of our veterans, case workers at DCF who are cynical about coming forward about the corruption they see every day, and even police officers unsettled that the corrupt officers in their own departments will be tipped off by "internal affairs" officers putting their own lives at risk.

Charlie Baker has a lot of good will coming into office in January. He also has some great ideas on how to make government work better and smarter.

But, without a sincere and aggressive effort to change the way Massachusetts handles job selling, illegal contracts, theft and the corruption that occurs with impunity in the good ol' boy system on Beacon Hill, any changes he makes will be window dressing or temporary at best.

We cannot think of a better way for Baker to restore public faith in government and begin to make real changes than to create an Office of Corruption & Transparency.

The head of this office would answer directly to the Governor, could be tasked with public outreach so that the public, as well as state, municipal and federal workers in Massachusetts know exactly where to go to anonymously report theft, mismanagement, fraud or abuse of public dollars, services or resources.

A State Office Corruption & Transparency could force the appropriate government agencies to pay attention to information gained from whistleblowers, publicly update the legislature and the Governor as to what laws need to be changed to rectify specific problems, and should have the power to override state department heads or law enforcement if they are not effectively or efficiently addressing major problems.

The office would also work hand in hand with the Inspector General, conduct management and performance audits, and would operate on a budget based on the money they save the taxpayers.

We know that Governor-elect Baker is going to be inundated with the day-to-day operations of state government when he takes office in January. We also know that as a new governor, he will be consumed with pushing forward his agenda for Massachusetts's government.

Having a specific office tasked with rooting out corruption would take a lot off his plate and would help him streamline the way state government operates.

A week prior to Election Day, Baker told a group of supporters in Middleton that he liked the idea of a central office in charge of investigating and rooting out corruption in state and municipal government.

We hope he still likes that idea now that he is in a position to do something about it.

Put on Your Big Boy Pants

Jeff Katz

VOTED AP's BEST RADIO TALK SHOW HOST
VALLEY PATRIOT EDITOR'S CHOICE AWARD

Just a few days after the 2014 midterm elections and the reverberations are being felt all over the country. People everywhere are hearing the message with one or two notable exceptions.

For years, Harry Reid has snatched every bill passed by the House and stuck in his sock drawer. When that filled up, he began to just pad his drawers with those pesky papers marked "HB" such and such. Hundreds of times, Majority Leader Reid simply trashed the legislation coming over from the other side of the Capitol. Now he says, he has heard the message of the voters. Not sure what he thinks he heard but I'm wondering if maybe something got lost in translation.

President Obama held a press conference and conceded that the Republicans had "a good day." He then proceeded to hem, haw and otherwise stammer through what would be termed a tantrum if a toddler did it. The same man who so eloquently reminded everyone that "elections have consequences" told Americans that did not apply in this election. Just a few days before the election he noted that each and every one of his policies was "on the ballot" but the old rule of rubber vs. glue was apparently now in play, so his prior pronouncement no longer applied.

The mean Republicans continued their war on women by electing more women. The GOP once again demonstrated their bigotry by electing and re-electing people of color. While the Republican Party membership continues to hate gay people, they still elected proponents of same sex marriage. Damn Republicans!

The Democrats continued to strike blows for the 99% by nominating more members of the 1% than ever before.

I have read multiple messages from a variety of Tea Party groups claiming victory, but the fact is that for the most part Tea Party affiliated candidates were not on the ballot. In fact, this election was contested and won by mainstream, dare I say establishment, Republicans.

Most issues facing us today are tied to the economy. Unemployment is only down because people are no longer in the work force. Wages are stagnant. For most of us who do math by adding up the costs of Happy Meals for our kids it is a tough slog in the real world.

The message that I heard was that we're tired of the juvenile antics. We're looking for the adults to once again be in charge. No more vacuous hope and change mumbo jumbo. No more hiding bills to protect political partisans and for that matter no more introducing bills to attack political partisans. No, the time is now to fix the country and provide some real opportunity to real people.

Jeff Katz is a former police officer, former talk show host on Talk1200AM and won the Associated Press Award for Best Talk Show in Boston two years in a row. He is now an exclusive columnist for The Valley Patriot. He is the recipient of The Valley Patriot's 2013 Editor's Choice Award for exceptional writing about issues that effect our lives. WEBSITE: visionaccomplished.net

My advice to the new leadership in Massachusetts and around the country is simple. Put down the talking points and roll up your sleeves. It is time for you to get to work. I'm not interested in excuses or blame, I'm looking for answers and solutions.

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Our Newly-Elected Congress Needs to Re-Discover America's Basic Principles – Part I

Dr. Charles Ormsby
VALLEY PATRIOT COLUMNIST

Are the Republicans that make up the new majority in Congress really Conservative? Do they understand America's founding Principles? Are they ready to restore the American dream?

Many of us view ourselves as Conservatives because of our perspectives on taxes or the size of government. For example, if I am against raising taxes, I am probably a Conservative. If I am against expanding government, I am probably a Conservative.

But true Conservatives adhere to a very specific set of core principles that can be precisely delineated and from which other "conservative points of view" originate. These same core beliefs reflect the thinking of our Founding Fathers as they carefully crafted a new Constitution for our young republic. In this and next month's articles I will discuss these principles.

Here is a top-level summary of the core principles of Conservatism. The first principle is discussed here and the following three in next month's edition.

• A dedication to individual liberty and the primacy of the individual,

• A government dedicated to the rule of law (starting but not ending with strict interpretation of our Constitution based on the original intend of the Founders),

• A no-compromise stance in defense of our most fundamental rights with particular focus on our First and Second Amendment rights, and

• An insistence that government violations of our property rights be substantially reduced through a radical reform of our tax laws and a dramatic reduction in the government's regulatory infringements of those rights.

These four basic principles must serve as the rigorous foundation upon which decisions are made on other, less fundamental, but still important issues. Such matters dominate the daily political babble, but rarely are they coherently tied to essential principles.

It is not news that Conservatives have failed to rein in the expansion of government power. In fact, they have often been a contributor to that expansion.

Now, those who believe in the classical liberalism of our Founding Fathers need to re-build the Conservative movement from the ground up. Conservatives must either reach a consensus on core principles, or just splinter and go their own ways.

To fully embrace the first and most basic principle of Conservatism logically compels acceptance of the others that follow.

Conservatives, first and foremost, believe in individual liberty.

This is a fundamental distinguishing characteristic. Statists/Progressives believe in the primacy of the state (it takes a village or a commune) while Conservatives believe that the only excuse for the existence of the state is to protect individual rights. The state is established to protect the individual, not to be our master.

When we speak of individual rights, the modifier "individual" is redundant. Only individuals have rights. When we say, "We have this right" or "We have that right," we mean that we have those rights as individuals.

Members of groups such as "the poor," or "the disabled," or "immigrants," or those of a particular race or gender or sexual preference, derive no additional rights because of their membership status. They have the same rights as all other individuals and they hold those rights as individuals, period.

Conservatives often debate the source of our rights.

Religious Conservatives believe that our rights are God-given. In support of this position they quote scripture or religious statements made by our Founding Fathers.

Others, including myself, think individuals have rights derived from our nature as human beings, independent of any religious explanation.

But the fact is that the source of our rights, while an interesting intellectual topic, is not politically relevant.

All that matters is whether we have them.

I am perfectly comfortable with religious Conservatives who share my belief in individual liberty and they should feel just as comfortable with me. Whether our rights come from a bolt of lightning or from the nature of man, we can fight side-by-side to protect those rights. The next day I can go fishing while my religious brethren can go to church and pray. We are both free from the steel boot of government; that is all that matters politically.

So what is the next test of Conservatism? It amounts to this: A Conservative's belief in individual liberty must have substance.

You can't claim to believe in individual liberty while supporting policies that let the government run roughshod over people's rights.

A necessary condition, if our rights are to be secure, is that we live in a society based on the rule of law.

Our Founding Fathers did a pretty good job of putting the necessary institutions in place to protect our liberties. They gave us a constitutional republic with limited powers having three branches of government. Each branch was assigned its own function (separation of powers), and checks and balances were put in place to ensure that one branch of government did not run roughshod over the others or the citizenry.

Unfortunately, our government routinely ignores the Constitution by assuming powers not granted and our Supreme Court becomes a partner in these crimes when it ignores these transgressions and when it exceeds its Constitutional mandate by legislating from the bench.

Conservatives must insist that the rule of law be followed and start by focusing on our highest law – the Constitution.

We will pick up the discussion here, next month.

Dr. Charles Ormsby served two terms on the North Andover School Committee, co-founded the North Andover Taxpayers Association, is a a co-founder of and columnist for The Valley Patriot, broadcasts weekly opinion pieces for WCAP (980 AM) in Lowell, and is a faculty member in the Department of Mathematical Sciences at the University of Massachusetts Lowell. Dr. Ormsby is a graduate of Cornell and has a doctorate degree from MIT. You can email him at ccormsby@verizon.net

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What North Andover Voters Really Said on Election Day

Tom Duggan
VALLEY PATRIOT PUBLISHER

According to Town Clerk Joyce Bradshaw, 10,607 voters participated in the November election in North Andover.

GOVERNOR - BAKER OVER COAKLEY

Republican Charlie Baker won North Andover by 3,098 votes on Election Day with 63.05% of the vote (6,643 votes) to Democrat Martha Coakley's 33.65% (3,545 votes). Baker won statewide.

ATTORNEY GENERAL - MILLER

The vote totals were a lot closer in the Attorney General's race with Republican John Miller defeating Democrat Maura Healey 51% to 49%. Miller garnered 5,212 votes in North Andover to Healey's 4,975. Healey won the statewide election.

CONGRESS - TISEI

The congressional numbers in North Andover were extremely curious as Republican Richard Tisei only defeated Democrat Seth Moulten by 14 votes. Tisei won 48.41% to Moulten's 48.28%. Tisei's total was 5,032 votes to Moulten's 5,018 votes. Moulten won the Congressional race districtwide.

STATE SENATE - TOOHEY

Republican Shawn Toohey also won North Andover over Democrat incumbent Kathleen O'Connor Ives 52% to 48%. Toohey had 2,620 votes to Senator Ives 2,418 votes. Senator Ives won the election districtwide.

STATE REP - SMEDILE

In the hotly contested State Rep. race, the North Andover voters chose Republican Rosemary Smedile over State Rep. Diana DiZoglio 57% to 42%. Smedile had 3,492 votes to DiZoglio's 2,573 votes. DiZoglio won the election districtwide.

SECRETRY OF STATE - GALVIN

Incumbent Secretary of State Bill Galvin was the only Democrat who won North Andover. Galvin defeated Republican candidate David D'Archangelo 58% to 39%. Galvin garnered 5,920 votes to D'Archangelo's 4,024 votes. Galvin won the statewide election.

STATE TREASURER - HEFFERNAN

Republican challenger Mike Heffernan beat Democrat Deb Goldberg in North Andover 54% to 42%. Heffernan received 5,413 votes to Goldberg's 4,283 votes. Goldberg won the statewide race.

REGISTER OF PROBATE - MORALES

Republican challenger Mike Morales beat Democrat Pam Casey O'Brien in North Andover 55% to 44% garnering 5,394 votes to O'Brien's 4,273 votes. O'Brien won the district.

STATE AUDITOR – ST. AUBIN

Challenger Patricia St. Aubin, the Republican, defeated incumbent Democrat State Auditor Suzanne Bump in North Andover 52% to 45%. St. Aubin got 5,068 votes to Bump's 4,390 votes. Suzanne Bump won the seat statewide.

UNOPPOSED

State Rep. Jim Lyons and Sate Senator Bruce Tarr were both unopposed on Election Day. Lyons got 98.61% of the vote with 1.39% blanks. Tarr received 98.99% of the vote with 1.01% blanks.

DA - BLANK VOTES FOR BLODGETT

Incumbent District Attorney for Essex County, Jonathan Blodgett ran unopposed but nearly 50% of the North Andover voters left voted for Blodgett who is a Democrat. Blodgett received 6,975 with 3,632 blanks.

BALLOT QUESTIONS

QUESTION #1: ROLLING BACK THE GAS TAX

North Andover voters chose YES on Question 1, 61%, to the NO votes at 39%. YES won statewide.

QUESTION #2: EXPANDING THE BOTTLE BILL

NO won 83.28% to YES 16.72%. NO won statewide.

QUESTION 3: A BAN ON CASINOS

NO won North Andover 60.14% to 39.86%. NO won statewide.

QUESTION #4: FORCING EMPLOYERS TO OFFER SICK TIME

NO won North Andover 51.57% to YES 48.43%. YES won statewide.

ANALYSIS - THE NUMBERS

It is interesting to note that while North Andover is a predominantly Republican town, three Democrats defied the numbers and either won or lost by a much smaller margin in town than expected.

In the State Rep. race between Republican Selectman Rosemary Smedile and Incmbent Democrat Diana DiZoglio, Smedile may have won the town by 57% but, when you compare the margin she won by to the 63% margin won by Republican candidate for Governor Charlie Baker (who enodrorsed Smedile), it shows that many Baker supporters voted for DiZoglio.

In the State Senate race between Republican Shawn Toohey and Senator Kathleen O'Connor Ives, Toohey won 52% compared to Baker's 63%, meaning an even larger portion of Baker voters who supported DiZoglio for State Rep., chose Democrat Ives over the Republican Toohey.

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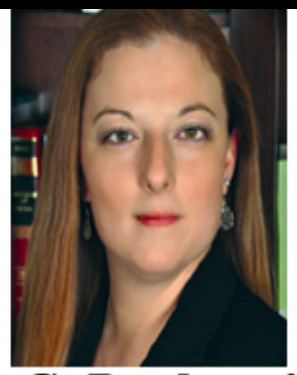

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Moving Forward: Post-Election Day 2014 Analysis

Oscar Camargo
VALLEY PATRIOT COLUMNIST

Election Day has come and gone and for some, it's a measure of relief. In North Andover, the phone calls during dinner time have ended. Those annoying political advertisements on television are all but gone. Mailers and fliers have stopped flooding the mailbox. In some ways, it seems as though the life of the world has moved forward.

For others, it has become a time of reflection. What do the results mean? What does it say about the direction we're moving towards? How will our newly elected leaders respond to this new political reality? It's a lot to take in, and depending on what side of the political spectrum you lean towards, it's either the dawn of a new age or the end of an era.

Personally, I'm excited about these new changes. Of course, when you think about it, nothing has really changed. The vast majority of incumbents who sought re-election won, and some rather handedly. That's rather typical when you consider that re-election rates for incumbents are always on the high end.

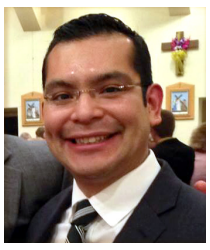
What I am excited about are the results that came out of the races where there was no incumbent, or the incumbent lost in the primary. The most obvious example is the Governor's race where Charlie Baker defeated Martha Coakley. In North Andover, it was no gross exaggeration to say that Baker simply crushed Coakley. Then again, North Andover residents chose Baker in 2010 and Kerry Healey in 2006 so there shouldn't be much of a surprise there.

What was surprising was the congressional race that pitted Democrat Seth Moulton against Republican Richard Tisei. Despite the fact that Tisei won in North Andover, that victory was by a razor thin margin of 14 votes. In 2012, Tisei won North Andover by a whopping 2,585 votes when he ran against John Tierney.

So what's my point?

My point is that here in North Andover, like in much of the Merrimack Valley, we're looking for leaders that provide a counterbalance to business as usual. Baker hammered the notion of leading with a bipartisan approach. He now needs to work with a Democratic-dominated state legislature. Moulton and his Democratic colleagues will also need to work with a Republican-controlled Congress if they're to be an effective body.

If anything, this election was a shot across the bow. Around these parts, we're not political ideologues, but we are political pragmatists. We want our elected officials to cooperate together even if they're not on the same team. We need responsible leaders and want practical results. The rest of the country seems to think so as well—let's see if it works.



Oscar Camargo is a North Andover resident and an Army veteran. He is an active volunteer in his church and local community.

Easy Win For DiZoglio

Tom Duggan
VALLEY PATRIOT PUBLISHER

State Representative Diana DiZoglio (D-Methuen) handily defeated Rosemary Smedile (R-North Andover), on Election Day by 1,133 votes.

Smedile is Chairman of the North Andover Board of Selectmen and does not come up for re-election until 2016.

DiZoglio represents Haverhill, Methuen, North Andover and Lawrence.

*Diana DiZoglio (D)
6,709 Votes

Rosemary Smedlie (R)
5,576 Votes

"I'm just glad it's all over," DiZoglio said on election night, admitting that the nastiness of this campaign made it that much harder to stay positive and focus on real issues.

"I think at the end of the day the voters saw through the nastiness and the deception," she said. "Now I can get back to work. There's a lot to do."

Asked about her priorities for a second term, DiZoglio said she is keenly focused on constituent services and helping working families in the district.

"I just plan on continuing the work I've been doing on issues like the substance abuse epidemic here in the Merrimack Valley and all of the problems that causes our families every day. It's ripping apart our communities and the state isn't doing enough to tackle the problem. I am also going to continue to focus on the state's budget problems, increasing local aid to cities and towns, and forcing our government to be more open and transparent. Now that this is all over, I plan to be even more busy than I was during the campaign." DiZogio said she is a full time legislator and is excited to be re-elected to a second term.

She also said is looking forward to working with Republican Governor Charlie Baker.

"Sure, we are in different parties, but I don't play party politics. I'm an independent minded person, I'm not an extremist. I think Charlie and I have a lot in common. He is very moderate and I'm very moderate. I think we will work well together."

As of the latest filing with the state's Office of Campaign and Political Finance, DiZoglio outraised and outspent Smedile during the election. The reports detailed the candidates' financial activity up to ten days before the election. The after-election reports will be posted on www.valleypatriot.com ten days after the election.

FINANCING THE CAMPAINGS & THIRD PARTY EXPENDITURES

DiZoglio raised $49,722.85 while Smedile raised $36,818.55.

That doesn't include third-party spent on mailings, robocalls, and advertising.

"These third party groups, one in particular, spent a ton of money attacking my character and my voting record. They were making all kind of crazy claims like I voted to raise the sales tax when I voted no.

One flier mailed to homes about DiZoglio claimed she voted against giving preference to veterans over illegal aliens who apply for public housing.

"I never took such a vote. There was only one real vote on that issue and that was to require social security numbers for public housing applicants. I voted yes on that bill. That gives veterans preference over illegal aliens no matter how you try to twist it. I would never, ever vote against giving veterans preference over illegal aliens for anything. I mean, I'm the one who voted to put photo ID on EBT welfare cards. I support voter ID. That was the hardest

DIZOGLIO: PAGE: 27

Andover Housing Authority

Anne Knowles
VALLEY PATRIOT COLUMNIST

Andover is a wonderful town in which to live. It is picturesque, has an enviable history, and offers to its residents a wealth of town supported activities for all ages. A perusal of the town's listing of committees and commissions shows many activities for all residents. Some offer programs for Andover's youth, others deal with seniors. Many boards require citizen input into the effective running of the town.

One of the town's most important authorities is the Andover Housing Authority. This is the department that maintains and oversees the housing needs for residents that find that they require housing that is affordable, comfortable, and necessary for both long term and/or short term needs. So often, if one does need a service from the town, it is not at the top of the list of needs. But it is important to those who find themselves in difficult circumstances, and this is where the AHA comes to the aid of those who require this service.

ANDOVER HOUSING: PAGE: 12

Activities, Announcements North Andover Senior Center

If you call them "Senior," will they respond? That's just one question on the minds of elders of the North Andover Senior Center as we look down the road and see the baby boomer population approaching old age. What happened? When I was in high school, no one wanted to be a freshman, sophomore or junior. We all could not wait to call ourselves seniors. So why now as we age and become a senior in our community does it have a certain negativity attached to it? A common name helps people find the Center in their community. It clearly identifies the facility as where seniors go for services and activities. The common barriers that keep seniors from attending are accessibility issues like transportation, parking, health issues and hours of operation. Perhaps more difficult to combat are misperceptions people have about senior centers—such as that they're only for low income individuals, or people must be very old to participate. In many situations, there's a basic lack of understanding about what a senior center is, what services are provided, and to whom the services are available. The North Andover Senior Center is truly representative of what I see centers looking like in the future, multi-service: a wide range of programs for young, old, frail, active, retired and working. We offer a computer lab, a large multi-functional space that can be broken into multiple program areas, and a support services health room. We focus on multi-functional utilization. We are offering more exercise and health programs and a greater selection of intergenerational activities. We are actively collaborating with other community organizations such as universities to offer educational and recreational opportunities that seniors are seeking. I welcome you to stop by and take a good look. I hope you will choose to get involved in what is going on at the North Andover Senior Center.

The Senior Center will be closed November 11th in observance of Veterans Day.

S.H.I.N.E. Volunteers: (Serving Health Insurance Needs of Elders) Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; Call center for an appointment. First and third Tuesday of the month. Slight change in schedule November 12th, 10-12:30, and November 18th 12:00-2:30.

Volunteers are the backbone of the North Andover Senior Center; we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for application and assistance.

UPCOMING EVENTS:

MYSTERY RIDE: Artisanal cheese, Yummy! Thursday, November 13th. Bus $6. Departs at 9:30. Lunch on your own with a local senior center at Harvey's Landmark Bakery & Café.

CONTINUING THIS FALL: WEDNESDAY'S "FRESH TABLE" at the North Andover Senior Center at noon. The congregate meal will not be served on Wednesdays. A fresh meal will be prepared in-house. Cost $5, reservation with reception must be made the Friday before. Limited to 24. Check with reception for menu. No refunds or take out.

THANKSGIVING FEAST: Turkey dinner and all the fixings Wednesday Nov 19th 12-2pm, $10. Tickets available with reception. Entertainment, Retired Sgt. Dan Clark, "The Singing Trooper." Limited to 100 North Andover Seniors.

MONTHLY SUPPER CLUB: There will be no supper club in November.

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for $7. Tuesdays 9-12 with George Chory, Thursdays 9-12 with Tom Kooken. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too if necessary (Phones, Tablets, etc.).

NEWS & VIEWS: Every Wednesday at 10–11:30. Come and join in the lively discussion of current events, politics, history and

SENIORS: PAGE: 20

Devers, Rivera Team Up in 2nd Miracle Win vs Lantigua

Tom Duggan
VALLEY PATRIOT PUBLISHER

For the second year in a row, the alliance between Lawrence Mayor Dan Rivera and State Representative Marcos Devers resulted in what Rivera calls "miracle wins" against the once thought unbeatable former Lawrence Mayor, Willie Lantigua.

"Nobody thought we could beat Lantigua last year and we did. Nobody thought we could beat him this year but here we are, we did it twice, we beat him again," Mayor Rivera told The Valley Patriot at the Devers victory party after the Devers win was announced.

Devers Campaign Manager, Dan Mackland Rivera (no relation to the mayor), said he had to look at the results three times before it sunk in that they had twice defeated Lantigua.

"It was the same kind of rush as last year," Mackland Rivera said. "I kept looking at the numbers in shock. It took a while to sink in but then that rush hit and I think we all feel very grateful that the people of Lawrence have rewarded Marcos Devers and rejected the politics of Willie Lantigua."

Devers had two opponents, Willie Lantigua and Lawrence City Councilor Roger Twomey, who ran as a Republican.

Devers won re-election as the 16th Essex District's State Representative with 3,658 votes over Lantigua who placed second with 3,124 votes for a 444 vote difference.

Republican Lawrence City Councilor Roger Twomey, who claimed he had a strategy to defeat both Lantigua and Rivera, placed last with only 912 votes. Twomey was 2,746 votes behind Devers who placed first and 2,302 votes behind Lantigua.

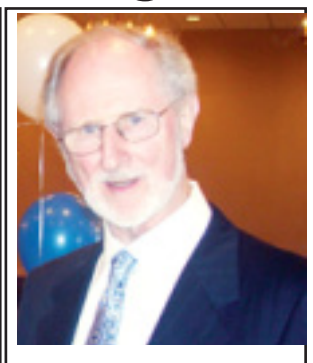
AN ATTEMPTED ALLIANCE

Earlier in the campaign, Devers says he approached Twomey asking him to drop out of the race fearing a three-way race would result in a Lantigua win.

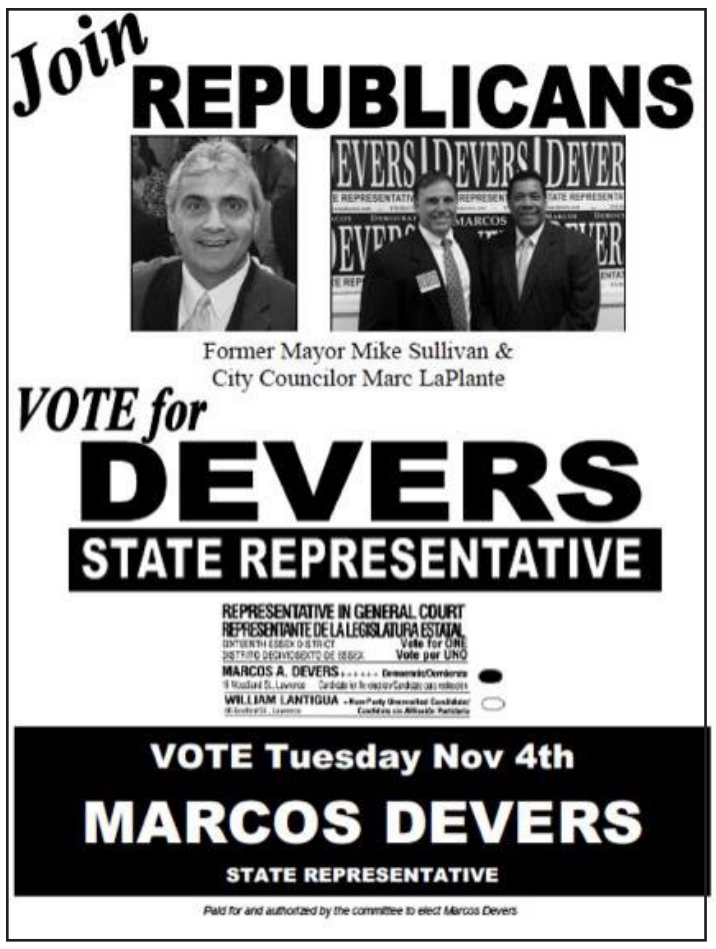
"There was no talking to him," Devers said. "He has been convinced by Willie's Republican friends that he can win. He doesn't get it. He is a nice man and wants to think the best in people, so he refuses to believe his republican friends are using him to do Lantigua's bidding but they are. They put him into this race to help Willie win. That means we have to work even harder," Devers concluded back in August.

Marcos Devers (D)
3,658

William Lantigua (I)
3,214



Roger Twomey (R)
912



Former Mayor Mike Sullivan and District "F" City Councilor Mark LaPlante organized a Republican effort to oppose Twomey's Republican candidacy saying that a vote for Roger Twomey was a vote for Lantigua, adding that Twomey's presence in the race divided the anti-Lantigua vote. Fliers with LaPlante and Sullivan's photo on it endorsing Devers were mailed to Republican and Independent voters the weekend before the election.

When Councilor LaPlante entered the Devers Victory Party moments after the results were announced, the room erupted with cheering; Devers supporters slapped him on the back and hugged him thanking him for helping to "defeat the snake".

CAMPAIGNING AS A DEMOCRAT

Despite the fact that Willie Lantigua left the Democratic Party and ran as an Independent, the former Lawrence mayor tried to win by deceiving the Lawrence voters by placing the word "DEMOCRAT" on all his campaign signs.

"This is the kind of thing we are trying to get away from," Lawrence Mayor Dan Rivera said. "I've never seen a candidate lie about their own political party before but that's what you get with this guy."

Vandals hit many of Lantigua signs the night before the election, spray painting over the word Democrat on many of his signs in North Lawrence.

"He is not a Democrat," Devers told The Valley Patriot. "He left the party, the party wants nothing to do with him and I think it's worth noting that not only did Lantigua lose today, all of his candidates lost as well."

A FIGHT AND A CELEBRATION

"We killed the snake!" Devers supporters shouted after the results were announced. Supporters chanted "MARCOS! MARCOS!" some of whom were once supporters of Willie Lantigua.

Francisco Brea, who was never a Lantigua supporter, said he was "embarrassed" by the way Lantigua had conducted himself as mayor in the last four years.

"He is an embarrassment to this city and he is an embarrassment to the Dominican community. We came to this country to get away from the dirty politics in our country, the threats, the bullying, and then this guy brings the hateful Dominican politics to this country, to this city. We don't want that. We came here to get away from that. Marcos has to win. The Dominican people here have to reject Lantigua's hate."

After losing to Dan Rivera by only 84 votes in last year's mayoral race, Lantigua left the Democratic Party and became an Independent to run against Devers, vowing to get even with Devers for helping Rivera defeat him in 2013. He also vowed to get revenge against Rivera by starting a recall election after his plan to defeat Devers was complete.

Those plans may be on the back burner for the two-time loser Willie Lantigua.

A TWO TIERED STRATEGY

Throughout the day Tuesday, Mayor Rivera held down the fort in South Lawrence campaigning for Devers. "My job was to help Marcos in South Lawrence where Twomey was strongest to try and take as many votes as we could from Councilor Twomey's base," Rivera told The Valley Patriot.

While Rivera held signs and shook hands asking voters to choose Devers in

BOTTOM OF NEXT PAGE

Notes from the American Legion by John Lenotte

By the time you are reading this article the November election results will be known to all. First, I want to congratulate the winners of their respective elections. Second, I want to congratulate those who did not win. They still gave up their time and monies and were willing to step up and be counted should they have won. Too often we see candidates running unopposed. I will say that I am glad to not have all the political ads on television. Personally, I don't pay much attention to them. The shame is all the money that is spent on the ads which could have done a lot to help those in need.

Because November 11 is Veterans Day, I want to focus on a couple of issues. The first is a recent article in the Washington Times that was titled "Younger Veterans Bypass VFW, American Legion for Service, Fitness Groups." It was similar to articles that have come out every few years claiming that the American Legion and other veterans service organizations are soon to collapse. That younger veterans are not joining, going to other organizations. About a year ago, it was pointed out that the New York Times stated the same premise back in the early 1970's. At that time, the majority of veterans in The American Legion were from World War II and Korea. Today, the majority of members are from the Vietnam Era. Not a surprise, given the changes in the overall population. Given time, today's generation of veterans will be the majority.

The claim is that the Legion is irrelevant. Not a new claim. Some veterans have been quoted that they don't need the Legion or other groups like it. To those I will respond in several ways. The Legion family provides youth programs like Boys/Girls State, Legion Baseball, Junior Shooting, Oratorical Contests, supports Boy Scouts along with other programs. It was the Legion and others who protested when the federal government wanted veterans with service connected disabilities to go to private insurance. As the originator of the first GI Bill, the Legion fought to improve benefits which now exist for today's veterans. And we have seen recently the problems within the VA, both on the health care and benefit claims areas. It was The American Legion leading the way to get Washington to take positive action. More on this is available on the Legion national website at: http://www.legion.org/commander/224883/legion-commander-responds-washington-times-article.

One problem that The American Legion and other veterans groups have is that there is a general perception that it is all about the bar (for those posts who have a member's lounge/bar). That is NOT what The American Legion is about. We have what we call our 4 Pillars: Veterans Affairs and Rehabilitation; National Security; Americanism; and Children & Youth. More information is available at: www.legion.org; www.masslegion.org; http://theamericanlegionhaverhillma.org and a general search of the web. I will point out as an example that at the Post 4 Haverhill site, we have a list of all the community service projects that we do locally.

I encourage all veterans to join a veterans organization, find out what they are all about. You may be pleasantly surprised.

One more area I want to address is that with this economy and the holidays approaching, there are a lot of scams happening. I know that one of my elderly neighbors has been receiving calls from someone claiming to be from the IRS, trying to get them to buy money cards to then turn over the account code. I also have gotten calls claiming to try and settle some "issue of importance". Please be extra aware of those who are out to scam the more vulnerable of our citizens.

May God Bless America, the troops who defend our way of life and bring them home safe to their families.

John Lenotte is the American Legion, Commander, Wilbur M. Comeau Post 4 Haverhill and Vice Commander, Dept. of Massachusetts. He is also the recipient of The Valley Patriot Hero Award. You can Email him at JohnLDistrict8@verizon.net

New Veterans Affairs Secretary Comes to Massachusetts

Rep. Linda Dean Campbell
METHUEN STATE REPRESENTATIVE

Very recently, I was afforded the opportunity to have a discussion with our new national Secretary of Veterans Affairs, Robert McDonald. Wisely, he is taking time to visit VA health care centers across the country, including our center in West Roxbury, Massachusetts.

I was impressed by some of the new ideas he brings to the table. He comes to us as the recent CEO of Proctor and Gamble where he earned high marks for innovation and collaborative leadership. He was selected because of the high marks he received as a leader who believes in the power of people to make large-scale change in complex bureaucracies.

He also comes to us with military experience: he is a West Point graduate; he completed Jungle, Artic, and Desert Warfare Training, and earned a Ranger Tab. He also served with the 82nd Airborne Division, (which is near and dear to my heart).

At our meeting, he was brimming with ideas to reduce wait times for mental health treatment for our Veterans. He looks to expand the home modification program to allow as many veterans as possible to avoid institutionalization, and to expand facilities, especially in rural areas.

What really hit home with me, however, was his rock solid commitment to our VA system. He does not believe in reducing care – he believes in making it the best health care system in the world. He reminded us that the VA collaborates and teaches at our best Boston hospitals, and that the VA has led the medical field in discovery of many procedures we take for granted today.

In spite of the many challenges that are before him, I was impressed by his ability and his commitment and I believe he will move fast to make the critical changes necessary to improve care at our VA facilities.

State Representative Linda Dean Campbell represents the Cities of Methuen and Haverhill. She currently serves on the following committees: Election Laws (Vice Chair), Ways and Means (budget and appropriations) and Public Safety and Homeland Security. 617.722.2305/Linda.Campbell@mahouse.gov/

Representative.Linda.Campbell@gmail.com

Columnist Apologizes to Rep. Campbell

Political Deceptions and The Truth on Those Political Mailings

Tom Duggan
VALLEY PATRIOT PUBLISHER

Valley Patriot columnist and member of the Methuen School Committee, DJ Deeb wrote in his column this last month that voters should choose Republican candidates in the upcoming state elections.

Deeb listed a number of reasons to make his case, but is now issuing a public apology to Democrat State Representative Linda Dean Campbell for misrepresenting her vote on the Massachusetts sales tax.

Deeb says he relied on bogus information from Massachusetts Fiscal Alliance (MFA).

MFA bills itself as a group set up to educate voters on the records of state legislators. They research each Senator and Representative and then feeds information to Republican candidates (even though they claim to be non-partisan) complete with a list of legislative votes and their take of what those votes mean. Often MFA tells part of the story while leaving out other relevant information.

These talking points get repeated by candidates and activists who do not do their own research.

"I spoke with Rep. Linda Dean Campbell on Wednesday night and discovered that the Mass. Fiscal Alliance had misrepresented her vote on the sales tax increase," Republican activist DJ Deeb told The Valley Patriot last week.

"I want to apologize to State Representative Linda Dean Campbell for incorrectly writing that she supported the Massachusetts sales tax increase from 5% to 6.25% in my October Valley Patriot column. I spoke with Representative Campbell and told her that the information on her vote came from the Massachusetts Fiscal Alliance. That information was inaccurate and it should be noted that Rep. Campbell voted against the sales tax increase. What is fair is fair, and although I take issue with several of Rep. Campbell's votes … I commend Rep. Campbell for opposing the sales tax increase."

DECEPTION IN OTHER RACES

DJ Deeb isn't the only one relying on MFA for research and information, nearly every Republican candidate in the Merrimack Valley was using MFA information to try and harpoon their Democrat rivals during debates and in mailings to voters'

DECEPTIONS: PAGE: 31

DEVERS DEFEATS LANTIGUA FROM PAGE 6

2013 Lawrence City Councilor Dan Rivera receives the endorsement of State Rep. Marcos Devers in the Mayoral runoff against Willie Lantigua. Lantigua vowed revenge against Devers after Rivera defeated him by only 84 votes and then credited Devers with making the difference.

South Lawrence, Devers himself campaigned at Valebrook Apartments on Union Street in North Lawrence where Lantigua usually shows his strongest numbers.

That lead to a clash between Lantigua and Devers supporters, which resulted in a shoving match that had to be broken up by Lawrence police.

"We are going to beat this guy once and for all," Devers said after the scuffle as he greeted voters Tuesday afternoon.

"Willie Lantigua and his puppets are a cancer on this city and we have to finish them off once and for all, or they will continue to cause destruction in our city. We are about love, and helping people. They are about dividing people and using government to get revenge. The people of Lawrence deserve a representative who will focus on moving the city forward, not dragging us back to the same tired old politics of divisiveness and hatred."

JUSTO-GARCIA

Indicted Lantigua supporter, Justo Garcia, ducked behind Lantigua signs each time we tried to take his photo. Garcia is awaiting trial for stealing money from city parking garages and depositing it into Lantigua's campaign account.

CITY WORKERS CAMPAIGNED WITH LANTIGUA

As for Lantigua, he was seen throughout the day hopping from polling location to polling location with former Deputy Police Chief Melix Bonilla, School Department employee Jose Alfonso Garcia and Lawrence Police Officer Gary Yancy, shoring up his base of support and getting his voters to the polls with free rides.

Indicted Parking Clerk Justo Garcia was also seen Tuesday holding Lantigua signs and organizing sign holders at Valebrook Apartments. Garcia was arrested after the FBI caught him stealing money from the city's parking garages and depositing it into Lantigua's campaign account. His trial is slated for next month.

Republican City Councilor Roger Twomey was nowhere to be seen on Election day.

At Devers headquarters, Devers' Campaign Manager, Dan Mackland-Rivera, was working the phones with Abel Vargas, School Committeeman Jim Blatchford, Gary Manion, Wendy Luzon and a dozen volunteers trying to increase voter turnout.

"We out worked him, it's that simple," Mackland said. "We took Willie's ground game right to him and I think we are going to beat him," he said during a lull in the action by mid afternoon.

The Devers campaign said that they looked at Lantigua's strengths and used them against him.

"It's all the about the ground game," Mayor Dan Rivera said. "We know Willie Lantigua wins with his ground game, his get out the vote strategy is second to none, knocking doors, and working the phones and like we did last year in the mayor's race, we are taking the ground game to Willie today and I know we have him beat."

In stark contrast to the partying going on at Lantigua headquarters on Essex Street earlier in the day, by 9pm Tuesday night, Lantigua headquarters was nearly empty with only a smattering of his closest friends pouring over election results and trying to make sense of Lantigua's second consecutive loss.

Lantigua refused to call Devers to congratulate him after the loss.

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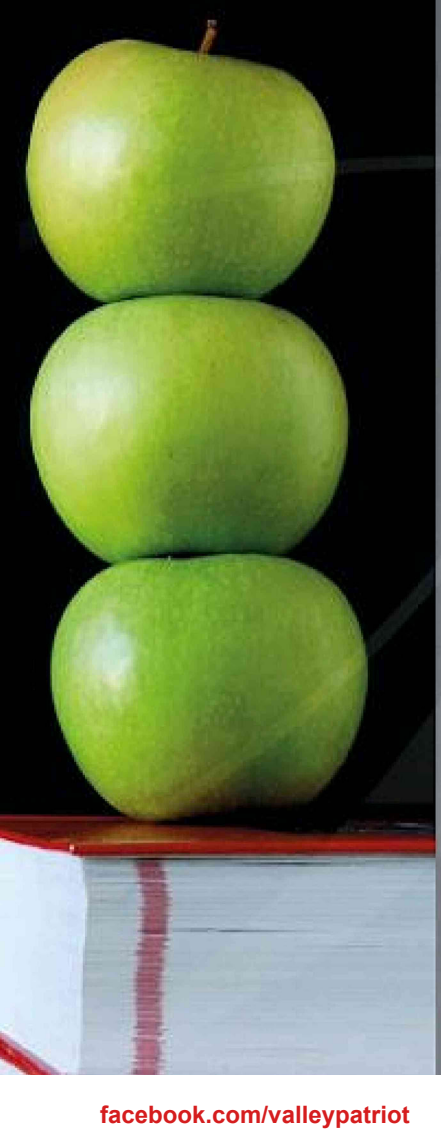

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TOM DUGGAN'S ELECTION NOTEBOOK

CHANNEL 5 DEBATE - Of all the debates this political season, Channel 5's debate between Charlie Baker and Martha Coakley was by far the worst. It was so awful and apparently biased that I actually had to go back and watch it twice. It was like a train wreck you can't look away from. This was a televised debate where time was important for voters to hear how each candidate would govern the state. Yet, the foolish questions, one after another, made it clear that the Channel 5 moderators were trying to coach Coakley on how to appear more warm and fuzzy, her greatest deficiency during the campaign. Insipid questions like "Who do you admire?" and "When was the last time you cried?" are questions you expect on TMZ, not a so-called "news" debate. Hell, I was expecting the moderators to ask if the candidates preferred "Ginger or Maryann? Boxers or Briefs? Voters want substance, they want plain talk and they want to hear what the candidates are going to do to make government work better and smarter. Voters want to learn about the candidates as if this was a job interview. Instead what they got was propaganda for Martha Coakley. The voters got robbed by Channel 5, and they are owed an apology.

DAN REA - Given how badly the political forums called "debates" are in the current mainstream media, I was actually delighted last month when WBZ's Dan Rea held a congressional debate between Richard Tisei and Seth Moulten. Rea had a conversational debate about real issues (national security, education, taxes) and the candidates rose to the occasion. The most important part of holding a real political debate is to educate the voters who feel satisfied walking away having learned something. Dan Rea pulled that off wonderfully. Even though I am up on all the issues and am submerged in this political stuff every day, even I learned something from the WBZ debate. BRAVO Dan! Not only are you a classy guy, but you are a true professional in an industry that is a cesspool of deceit and incompetence. In the age of Candy Crowly, Wolf Blitzer and the WCVB debate team tipping the scales during debates for their preferred candidates, it should not go unnoticed when someone conducts a political debate the right way, and Dan Rea did it right. He is a credit to a once proud, but now disgraced profession. If we had more Dan Reas on the scene we would have better government officials, better care for our veterans, and a more educated electorate. Thank you, Dan.

NO MAGIC MATH FOR ROGER TWOMEY

Somehow Lawrence City Councilor Roger Twomey was convinced that he actualy had a shot at not only beating State Rep. Marcos Devers but also former Lawrence Mayor Wiliam Lantigua. We tried to tell Roger it was a fruitless effort and would most likely result in splitting the anti-Lantigua vote in the final election, in fact lots of people tried to tell him, but the Twomey supporters really thought that his high vote totals in the City Council race from last year would translate to a win. What's more, they demonized and personally attacked people who tried to talk sense into Twomey as if they were the enemy. I don't expect an apology from Rogery Twomey but with his 912 votes in last place, one would be nice.

SORE LOSER, TOOHEY

BILL RYAN LASHES OUT

While members of the Merrimack Valley Tea Party were out campaigning hard for Republican Shawn Toohey for State Senate, they had no idea how Toohey and Haverhill City Councilor Bill Ryan (Toohey's father-in-law and campaign manager) really felt about them. After Toohey got demolished by State Senator Kathleen Ives, however, the Tea Party got quite the education on cable access television after the loss. Councilor Ryan, distraught that his quest for more power was foiled, appeared on TV and attacked the Tea Party calling them useless and further bad-mouthed Tea Party members to anyone who would listen in the days that followed. Toohey himself was overheard election night saying that the Tea Party was "useless" and "a drag on the campaign" refusing to do any real work. While I tried to lead my fellow members of the Merrimack Valley Tea Party to see what Toohey was really all about before the election, most of them continued to follow Toohey off the cliff and into oblivion. Maybe next time when a right wing conservative like myself comes out to publicly support a Democrat it will raise a few red flags about the Republican candidate in that race.

SIGNS, SIGNS, EVERYWHERE SIGNS

Election laws in Massachusetts say that candidates for public office are not allowed to put campaign signs on public property, abandoned buildings, telephone poles, etc. Yet, every year, candidates for office try to cheat by advertising their message on municipal or state property, or in some other way breaking the law. As small of an issue as it may be, candidates who do not respect the very lenient state election laws (laws that are rarely enforced) show a foundational disrespect for the law, not to mention what it says about their sense of fair elections. This election season The Valley Patriot went in search of candidate scofflaws seeking to get an unfair edge on their opponents by illegally posting political signs on public property. Most sign violations we found belonged to one candidate, Shawn Toohey, candidate for state senate. There were a smattering of other candidates in violation of the sign laws, but most were first time candidates who had a few, compared to the hundreds of illegally posted signs by the Toohey campaign. We did see Toohey's father-in-law, Bill Ryan, personally placing illegal signs on highway off-ramps on more than one occasion. Ryan is a Haverhill City Councilor and former Haverhill mayor who should know better.

PAVEL STAYED NEUTRAL

When state senate candidate Barbara L'Italien won her Democratic primary in September, she defeated Doris Rodriguez and Lawrence School Committeeman Pavel Payano. While Doris did endorse the party's nominee (despite her positions being closer to Alex Vispoli) Pavel Payano did not endorse L'Itailen and stayed neutral.

DORIS RODRIGUEZ - One of the candidiates who didn't win this year was Lawrence activist Doris Rodriguez. She ran a clean campaign and put in a lot of effort in her campaign for state senate. Though she stumbled at the end by endorsing Barbara L'Italien after the primary, I want to encourage Doris to stay involved. Now that she has more name recognition and has proven she can run a clean campaign on issues (and her resume) I think Doris should run for city council or school committee next year. Lawrence needs people like her.

L'ITALIEN DEFEATS VISPOLI IN LAWRENCE

Even though state senate candidate Alex Vispoli beat Barbara L'Italien in Dracut, Tewksbury and her home town of Andover, L'Italien beat Vispoli 3-1 in Lawrence to pull off a win. Lawrence voters also defeated Republican Charlie Baker 3-1, and in some races defeated Republicans by an even larger margin. Vispoli ran a very positive campaign, paid all his taxes and didn't lie about his finances as his opponent did. But none of that mattered as the only thing Lawrence voters seem to care about is the party someone belongs to.

L'ITALIEN AND THOSE UNPAID TAXES

State Senate candidate Barbara L'Italien called a state representative a tax cheat five years ago when it was learned her opponent in that election had been behind on paying his taxes. Yet, this year, L'Italien was caught not paying her taxes and suddenly it was "a family issue" that Babs decried as "dirty politics" saying it was not fair game to talk about her failure to pay her taxes while she was making more than $110K in the State Treasurer's office. After The Valley Patriot broke the story of L'Italien's tax liens, she first tried to blame her opponent Alex Vispoli saying it was "Republican dirty tricks". When that didn't work, she tried to pass off bogus documents that she claimed showed Vispoli also had tax liens. When that didn't work, she tried to blame the messenger saying that The Valley Patriot was not a real news source and named me personally as making up the whole thing. After our story was published, Babs claimed she paid her delinquent taxes but refused to produce documents to prove it. Giving her the benefit of the doubt for a moment, L'Italien paying her taxes after being caught does not negate the fact that instead of paying her $7,000 tax bill in the first place, she chose to lend her campaign $13,000. It also doesn't negate the fact that instead of owning up to her transgression, her first reaction was to blame everyone else. While L'Italien had no problem playing the victim of dirty politics, her nonpayment of taxes is fair game when you consider the fact that as a State Representative she never met a tax she didn't want to raise.... for other people that is.

VOTERS REPEAL RAISING THE GAS TAX AT THE RATE OF INFLATION

YES ON QUESTION #1 WINS.

Though the question itself was mislead-

CONT.. UNDER FREDDIE

After Defeat, Lantigua Plans Beacon Hill Agenda

D.J. Beauregard
VALLEY PATRIOT SATIRIST

In the days following this year's elections, former Lawrence Mayor Willie Lantigua has been preparing to take the oath of office as Lawrence's new State Representative in January. He lost to Marcos Devers by over 400 votes but is looking forward to enacting his agenda on Beacon Hill. "I am excited to build a partnership with our new Governor, Martha Coakley," Lantigua said. "Together, we will fight to make sure that every person who lives here illegally can vote for me in next year's mayoral election."

Lantigua is already packing his belongings into boxes and has reserved a moving truck to help him transport everything to his new office. Marcos Devers, the man who defeated Lantigua in the election, is not surprised at all by Lantigua's actions. "I can remember how difficult it was for Dan Rivera to try to move in to the Corner Office when Willie refused to get out of the chair," Devers said. "I'm not going anywhere. The voters chose me to be their State Representative," the victorious Devers proclaimed.

For his part, Lantigua is not letting go of the fact that his intention is to be the new State Representative. "I honestly could care less what the voters said in the election. I do care about what the two-thirds of people who didn't vote think," said Lantigua. "I listen to the voice of all the people of Lawrence, not just the people who voted." When asked what he thinks his agenda will be, Lantigua responded: "Tomorrow, I am going to file papers to run for Mayor of Lawrence again. The people of Lawrence want me to be their State Representative AND Mayor."

Although Lantigua has yet to offer few specific details about other aspects of his agenda, he did announce his intention to appropriate money for Lawrence to purchase a new garbage truck. He also plans to open a district office in the City of Tenares.

City	Ives	Toohey
Amesbury	3,417	2,239
Haverhill	8,639	9,381
Merrimac	1,274	1,233
Methuen	6,912	6,825
Newburyport	5,653	2,260
N. Andover	2,418	2,620
Salisbury	1,718	1,207
Totals	30,031	25,765

FREDDIE SAYS

Any holiday rooted in eating all day and then sleeping while someone else does dishes is OK with me!

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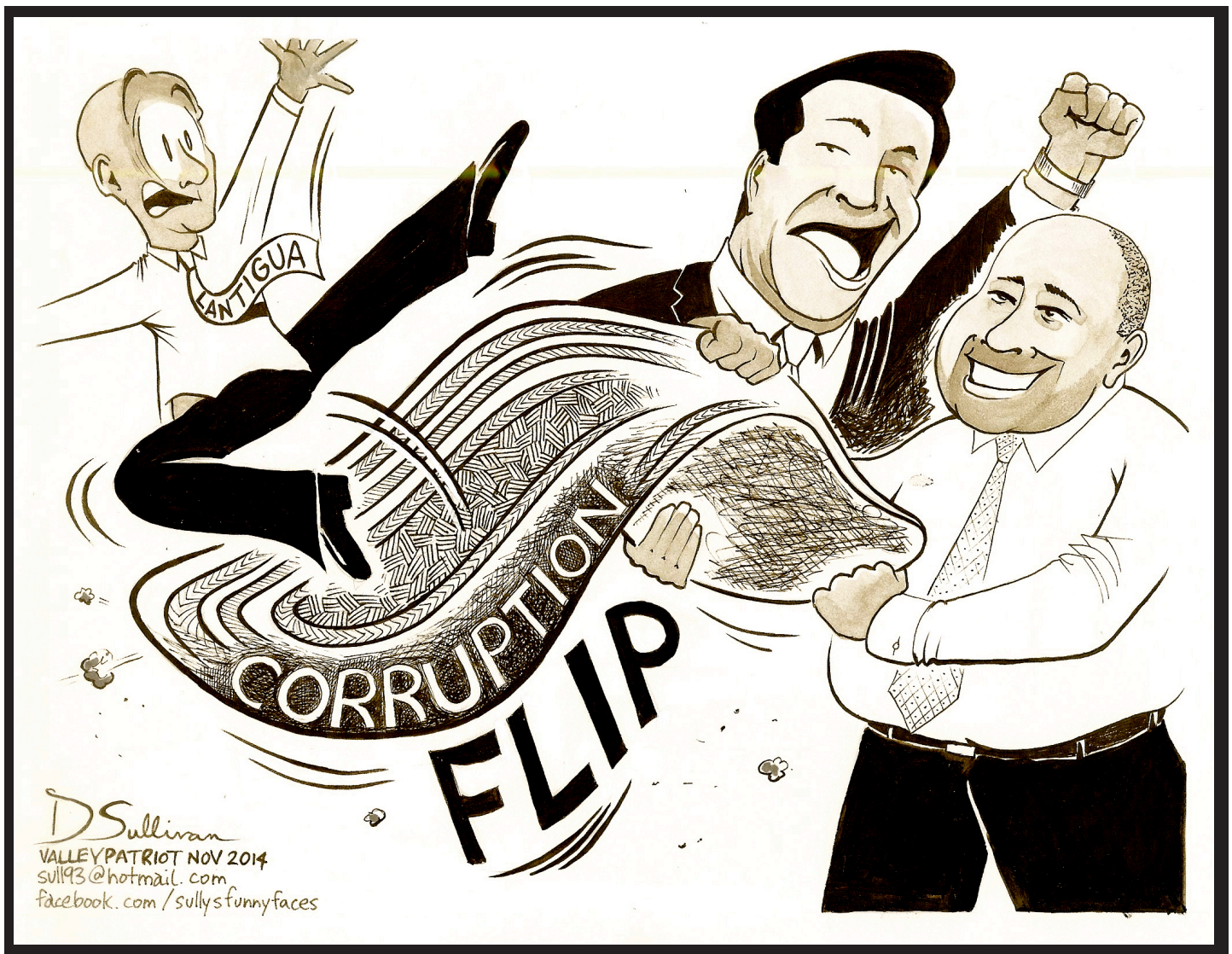


LAWRENCE MAYOR DAN RIVERA AND STATE REPRESENTATIVE MARCOS DEVERS TEAM UP ONCE AGAIN TO DEFEAT WILLIE LANTIGUA FOR THE SECOND YEAR IN A ROW.

ing. The legislature passed a gas tax that would rise at the rate of inflation but will never go down if inflation goes down. Question #1 repealed that legilsative action

BOTTLE BILL QUESTION #2 LOSES

Voters in Massachusetts resoundingly rejected Question #2 which would have expanded the bottle bill to include a five cent deposit on water bottles, juice bottles and other assorted drinks.

VOTERS REJECT CASINO BAN ON QUESTION #3

The legislature in Massachusetts approved the construction of casinos and question #3 sought to repeal their action. Voters in Massachusetts rejected the ban on casinos.

FORCING EMPLOYERS TO OFFER SICK TIME - QUESTION #3.

Voters decided to force some businesses to offer earned sick time to employees. The law as written is very convoluted and will not apply to all businesses.

WELCOME OSCAR CAMARGO

One of the candidates who ran for office this year and lost was North Andover resident and veteran Oscar Camargo. Throughout his campaign against Diana DiZoglio for state rep., Camargo was always respectful, always thoughtful, and impressed me so much I asked him to start writing a monthly column about North Andover. My hope is that Camargo can help our readers better understand what North Andover town government is up to and give us a perspective on life in North Andover. His column this month is on page 5.

TRIBUNE'S HYSTERICAL ARTICLE ON DAN RIVERA - HE'S NO KINGMAKER

After the election, The Eagle Tribune ran what has to be one of the funniest articles I have ever read. In a clear attempt to kiss up to the Lawrence mayor, the Trib ran a piece telling their readers that Rivera was some kind of kingmaker and that the candidiates he supported all won. But won what? Rivera supported Steve Grossman for Governor (lost), Warren Tollman for Attorney General (lost), Phil DeCologero for State Rep. (lost), Pavel Payano for State Senate (lost), Martha Coakley for Governor (lost), and Rivera lost all the ballot questions he supported. Sure, Rivera won the most important race in Lawrence when he teamed up with State Rep. Marcos Devers to defeat Willie Lantigua, but for the Tribune to portray Democrats winning in Lawrence as some kind of referendum on Mayor Rivera's political power shows how stupid they think their readers really are.

KELCOURSE PULLS OFF REP WIN

Republican Jim Kelcourse won a three way race for the 1st Essex Rep. seat being vacated by Mike Costello. Kelcourse won by 9 votes on Election Night but provisional ballots still needed to be counted leaving his win in limbo for three days. After provisional ballots were counted that Friday, Kelcourse wound up with an 11 point lead and will be sworn in as the representative for Salisbury, Newburyport and Amesbury. Kelcourse ran as an Independent two years ago for state senate against Kathleen O'Connor Ives. We have high hopes for Jim as one of our ringers in The State House who will help us fight for public records disclosure, and adding penalties to those who violate the state's public records law.

LOWELL -For Your Health - A series of educational talks by professionals bringing innovative solutions to your community "Memory Loss" - a talk by featured speakers: Karen Maney and Heather Betty, Wednesday, November 19th, 5:00-6:30 p.m. at The Community Family, 236 Broadway Street, Lowell

NEWBURYPORT SANTA PARADE & TREE LIGHTING - November 30th

As the holiday season approaches, Santa & Mrs. Claus arrive in the most fitting way for this seaport town... by US Coast Guard boat! Welcome Santa on the Sunday after Thanksgiving as he and Mrs. Claus dock at the boardwalk and begin to parade through downtown Newburyport, then gather in Market Square for the annual Christmas tree lighting and carols.

HEALTH AND WELLNESS FAIR AT NECC

What do polysomnographers, flu shots and a reiki master have in common? All of them will be found at Northern Essex Community College's Health Profession: Health and Wellness Fair on Monday, November 17, from 9 a.m. until noon in the atrium of the Dimitry Building, 45 Franklin St., Lawrence.

This event, which is free and open to the public, will showcase the various health programs offered at NECC as well as educate visitors on different health issues affecting society. Student and faculty representatives, from all NECC health programs, including iHealth@NECC, will be available to discuss the value of each academic health program as well as health issues related to that program's topic. Some of the health topics include,

NOTEBOOK: PAGE 30

North Andover's Santa Parade Coming to Town Nov 29th

Tracey Zysk,
VALLEY PATRIOT N. ANDOVER COLUMNIST

Santa is coming to town Saturday November 29th! Last year's parade did not disappoint with thousands of people rows deep in attendance.

The 2014 North Andover Santa Parade will be held on Saturday, Nov. 29. The parade will begin at the North Andover Middle School and start its march down Main Street at noon. The parade will proceed down Main Street to Elm Street, to Water Street and back onto Main Street, and it will end at the intersection of Main Street and Sutton Street.

The North Andover Festival Committee and The Police Department are asking residents, family and friends planning on attend ending to arrive no later than 11:30AM to ensure a place to park. Police will be directing traffic where to go and the parade route roads will close at 11:30AM

If you have any questions regarding the parade please contact Lt. Foulds for details at 978-683-3168 or EFoulds@napd.us.

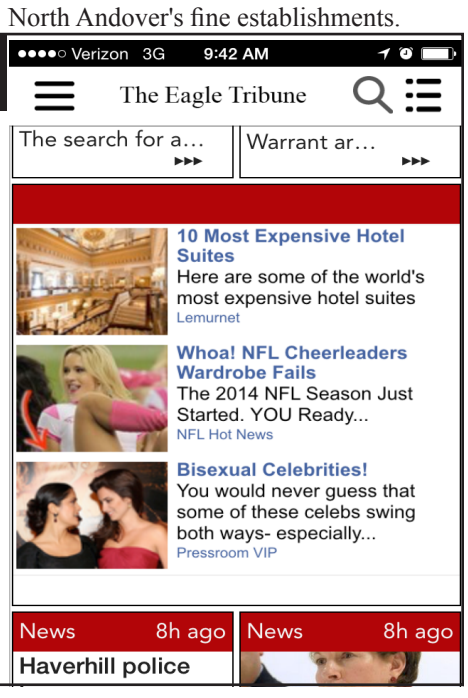
The North Andover Merchants Association, via donations from local businesses, will be sponsoring the one of the marching bands. Saturday November is also Small Business Saturday, stay local shop local, buy a hot chocolate, stay for lunch or start some of your holiday shopping at any of North Andover's fine establishments.

Eagle Tribune's Smutty APP

There was a time when the people who ran the Eagle~Tribune were journalists who actually published news in a family friendly manner for the public to consume.

Today they are not only a shell of their former journalistic selves, printing press releases and getting almost every story wrong, they also have added smut to their iPhone app.

Last month, one of our readers sent us the image to the right from the Eagle Tribune's new smut app. where they advertise "Wardrobe Fails" and "Bisexual Celebrities". Just more proof that the Trib has gone the way of the Enquirer.



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Thoughts from Councilor #5

City Hall After Dark

Daniel Grayton
METHUEN CITY COUNCILOR

Last October, Councilor Tom Ciulla introduced a resolution which would have eliminated the three parking spots at City Hall reserved for Councilors. The resolution would ultimately fail unanimously, but the spirit of it, which is "how do we make City Hall more accessible to the residents?" should live on.

It should be clear that Councilor Ciulla's resolution was less about parking spaces and more about making sure the taxpayers of Methuen have fair and reasonable access to their government and the services it provides – an area we should always be striving to improve. But how?

Currently, the solution offering the greatest potential solutions is extending the hours of City Hall.

Methuen City Hall is open Monday-Thursday 8am-4:30pm and Friday 8am-12pm. The glaring reality with these business hours is that many residents are working during these times, placing an undue burden on someone who needs to take care of business at City Hall. While Councilor. Ciulla's solution was not a good fit, there is a solution which would potentially solve both accessibility issues. For one night a week, City Hall should be opened later.

This solution to several problems may seem like a drastic step, where in reality it is a common practice in city and town halls across the Commonwealth. When looking into the statistics, we should shy away from simply looking next door to neighboring municipalities and instead looking across the state for cities/towns with similar populations. This should provide a more actuate picture since they are all serving similar amounts of people. Arlington (pop. 42,844), Medford (pop. 56,173), Peabody (pop. 51,251), Salem (pop. 41,340) and Taunton (pop. 55,874), to name a few, all have one day a week where the City/Town Hall is open until 7 or 7:30pm. While an extra two and a half hours once a week may not seem like a lot, it provides an opportunity for residents to take care of business with the city after they get off work.

While it is beneficial to study other municipalities and their operations, we do not have to copy their policies word for word. In Methuen's case, I would favor an alteration which would keep the customer service office open until a later hour, while the remainder of City Hall would continue to operate under current hours. Since the Customer Service Office (part of the department of the City Clerk) is where a majority of the public's business is done, keeping this office open later would address the current need without affecting any other departments. This would be a less drastic step than changing the entire building's schedule, and would eliminate many logistical and contractual conflicts that would arise from changing hours of operation. There are certain sacrifices that would have to be made if a change like this were to happen, and it does need to be further explored, but anything that would benefit the community at-large should be seriously considered.

Like so many other cities and towns in the Commonwealth have done, we must take steps to make Methuen government more open and available to serve the needs of the public.

A change like this will undoubtedly not come easily or quickly and will not ultimately be determined by the Council. However, since change often begins with discussion, it is a discussion worth having. Despite Councilor Ciulla's resolution being soundly defeated, there is a desire among the Council to make City Hall more accessible to the citizens of Methuen. Looking into this common sense, common practice approach would be a step in the right direction.

Daniel Grayton is currently serving as a Councilor at-Large in the City of Methuen. He can be reached at DanielGrayton@gmail.com

Methuen Police Department Adds Six New Cruisers

Mayor Stephen N. Zanni and Police Chief Joseph Solomon are pleased to announce that the Methuen Police Department will be adding six new vehicles to aid and improve public safety in Methuen.

The department will be adding four 2014 Ford Police Utility Vehicles, assigned to the Uniformed Division (Patrol Division), and two 2014 Ford Taurus unmarked police vehicles, assigned to the Criminal Investigations Bureau (Detective Bureau).

"It is so crucial to have the finest possible tools to insure the safety of our citizens," says Mayor Zanni. "These new vehicles will bring a sense of pride to our police personnel and the community as a whole. Moreover, they help to keep Methuen at the forefront of public safety technology."

The new police vehicles were purchased at MHQ in Marlboro, MA. Adamson Industries in Haverhill, MA outfitted the emergency lights for the vehicles. Please contact John Molori in the Mayor's Office at 978-983-8506 for further information or interview requests.

ANDOVER HOUSING FROM PAGE 5

Heading up the AHA is Christine Melzemakers. She has been involved in public housing for several years and one knows when they meet her, that with her in charge, the AHA is in excellent hands. The properties are Frye Circle, Chestnut Court, Grandview Terrace, Stowe Court, and Memorial Circle. The overseeing of this many units require an excellent and dedicated staff. Colleen O' Connor, housing manager and Louis Ouellette, maintenance supervisor are supportive in dealing with a multitude of issues that must be dealt with on a daily basis.

Currently, in addition to the daily running of the AHA, several of the locations are updating their properties. Frye Circle will have new energy windows, Stowe Court new vinyl siding, Chestnut Court an updating of the sewer pumping system, and Memorial Circle plumbing improvements. The headaches involved in overseeing these various construction programs are many. Contracts to be issued, dealing with contractors, town inspections, and occupants of the buildings are just some of the issues the AHA deals with in the course of the work being done.

Providing housing for families, seniors and disabled residents that is both comfortable and safe, is a full time "job". The staff at the Andover Housing Authority fulfill their responsibilities pleasantly, competently, and very professionally. Another reason Andover can be proud of the people that work with, and for, the residents of the town.

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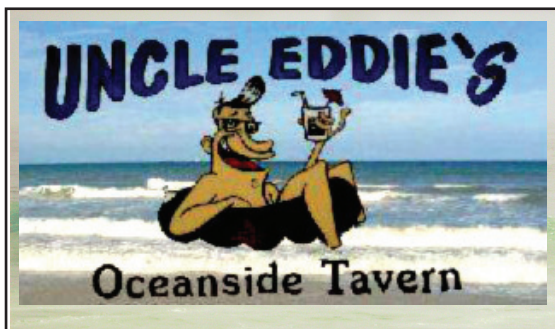

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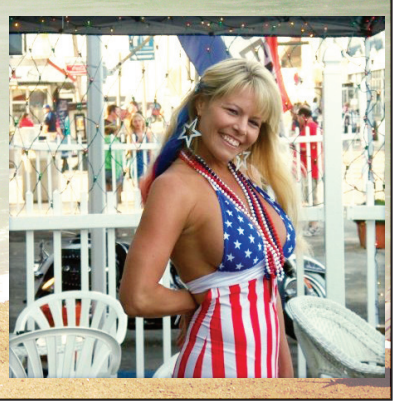

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A Tale of Three Cities - Lawrence, Haverhill and Methuen: Comparing Voter Registration Lists by the Numbers

Kathy Runge
VALLEY PATRIOT COLUMNIST

I've been writing programs to look for duplicate registrations on the voter registration list in Lawrence for a few years. This list can be searched using many criteria; in this article I have used three of my algorithms. These programs can't really tell if two registrations correspond to the same person, but the ones used for this article give few false hits.

The vast majority of duplicate registrants aren't even aware they're listed twice; it's due to clerical 'error' or an honest lapse of memory. My programs will naturally identify a few pairs of twins or other instances of people with similar names and birthdays as potential duplicates. I've researched many pairs of potential twins and other coincidences in Lawrence, but not in other cities. To be fair in the analysis below, I've given you the raw numbers and not deleted any known twins, etc., from these lists. Assuming the rate of these occurrences would be similar in all three cities, this data should provide a fair comparison of the accuracy of their voter registration lists. I have the files if anyone is skeptical.

So what kind of a job does Lawrence do in checking that people are not already registered to vote when new registrations come in? How does our city compare to other cities around us? The latest data I have for other cities are the registration lists from Haverhill and Methuen after the updating that occurred post November 2012 election. I also happen to have a copy of Lawrence's registration list after that election. These lists should be the most accurate of the year in Massachusetts, as after five or so years of voting inactivity and not returning the annual census, inactive voters get purged from the rolls at this time. I also have the Lawrence voter registration list that should have been used for the current election. Here is a comparison of these lists.

Number of Lines	Lawrence14	Lawrence12	Haverhill12	Methuen12
Number of registered voters	39,678	40,772	40,835	30,715
Same name (FML) and birthday	0	62	12	8
Similar name and same birthday*	426	288	86	72
Same name (FL) and similar birthday**	284	302	50	36

Similar names are hyphenations and switching of first, last and middle names. This algorithm doesn't count different spellings, etc., as similar.

**Similar birthdays are interchanged month/day, the same month and day a few years apart, and other common patterns. Equal birthdays are not considered similar by this program.

Do these numbers bother anyone besides me? Any old clerical error or honest mistake on the part of a voter can get someone registered to vote twice and then it takes a miracle or a decade to get the duplicates removed. Sloppy record keeping makes election fraud that much easier to commit and much harder to detect. I guess the good news is that Lawrence is now checking for registrations with the exact same first, middle, and last names and birthday. Or the state is checking it for them. Shouldn't the Board of Registrars or the Secretary of the Commonwealth be concerned about the rest of these duplicates? I can easily find a few hundred more with my other programs.

If the official lists of people that actually voted in any particular election are accurate, the number of cases of election fraud by someone using a duplicate registration is low. But let's not take too much comfort from that, as we're all aware that many local elections are decided by less than 100 votes, and this is only one way to commit election fraud. When I examined Lawrence's list of registrations that were credited with voting in the presidential election of 2012, I found over 20 pairs of duplicate registrations in Lawrence and zero in the other two cities. No official was interested in these results. A similar analysis of the November 2013 Lawrence election found only 2 or 3 pairs. Isn't it amazing what results strict oversight can achieve? I'll be analyzing Lawrence's list of actual voters in this year's election, stay tuned. To anyone interested in seeing how the voter registration lists in your community stack up, I'm available!

Number of Methuen High Scholars Increase

DJ DEEB
METHUEN SCHOOL COMMITTEE

Methuen residents have much to be proud of when it comes to Methuen High School and its students. The number of students taking and passing Advanced Placement courses is on the rise and the number of students qualifying for the John and Abigail Adams scholarship for scoring at Advanced and Proficient levels on Grade 10 MCAS tests has also been climbing.

In 2013, 630 Advanced Placement Examinations were administered at Methuen High School. A total of 238 qualifying scores (38%) were earned that year. In 2014, 735 Advanced Placement Examinations were administered at Methuen High School. A total of 292 qualifying scores were earned in 2014 (40%). In 2013, there were 43 total Advanced Placement Scholars while in 2014 there was a total of 56 AP Scholars. It should be noted that Advanced Placement courses at Methuen High School are open to all students. As Superintendent Judy Scannell wrote in an October 6th memo to the School Committee, "While total exams given, total number of qualifying scores, and total number of AP Scholars rose significantly, the percentage of overall students earning qualifying scores also rose slightly." Kudos to these Methuen students for working to obtain college credit while in high school.

On another note, approximately 127 Methuen High School juniors qualify for the John and Abigail Adams Scholarship for scoring at Advanced or Proficient levels on their Grade 10 MCAS tests and having a combined score that placed them in the top 25% of students in their district. The Adams Scholarship provides a tuition waiver to a Massachusetts state college or university. There is no application for the Adams scholarship award. Students who qualify for the scholarship receive an award letter in the fall of their senior year. The tuition waiver is in effect for 4 years provided that the student maintains a cumulative grade point average of 3.0 or higher. According to an October 8th memo to the School Committee, Superintendent Scannell noted, "In order to use the award, students must present their award letter to the financial aid office of the Massachusetts state college or university they plan to attend and file the Free Application for Federal Student Aid (FAFSA). The tuition waiver applies to all Massachusetts public state colleges and universities with the exception of the Massachusetts College of Art and Design." A big Congratulations to these Methuen High students! With the cost of higher education soaring nationwide, this is a significant number of Methuen High students who can choose to attend a state college/university in Massachusetts free of charge.

I am pleased that 58.3 % of Methuen voters joined me in supporting Charlie Baker for Governor on Tuesday, November 4th. As I noted in my October column, Charlie Baker has rightfully called for Massachusetts to abandon Common Core and PARCC Testing as has former Governor Bill Weld and former Democratic Senate Majority Leader Tom Birmingham. It is my hope that Governor-Elect Charlie Baker will hit the ground running in fulfilling his campaign promises of working to reduce state government spending, cutting taxes, and creating jobs in the Commonwealth.

Finally, on a personal note, I want to apologize to State Representative Linda Dean Campbell for incorrectly writing that she supported the sales tax increase from 5% to 6.25% in my October Valley Patriot column. I spoke with Representative Campbell and told her that the information on her vote came from the Massachusetts Fiscal Alliance. That information was inaccurate and it should be noted that Rep. Campbell voted against the sales tax increase. What is fair is fair and although I take issue with several of Rep. Campbell's votes including her voting for the gas tax increase I commend Rep. Campbell for opposing the sales tax increase. A correction was also posted online last month.

D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/ Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).

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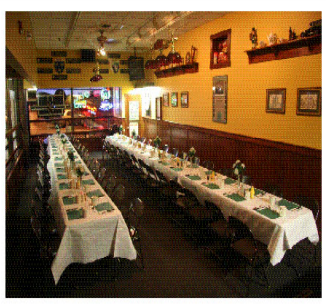
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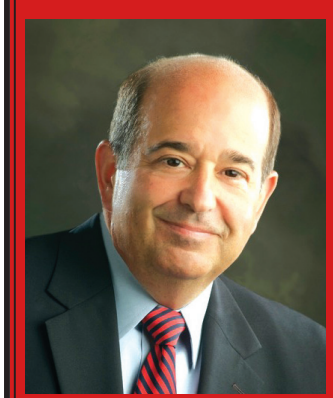
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Mayor Elliott Honors Medical Corps. at Vets Helping Vets Fundraiser

Lowell Mayor Rodney Elliott, his wife former City Councilor Laurie Elliott, and Valley Patriot Publisher Tom Duggan.

Lowell Mayor Rodney Elliott, with Justess Jacobson of Manchester, NH.

Recently Ret. Colonel Joseph S. Blansfield served more than 26 years in the Army Nurse Corps, US Army Reserve with Gerry DeRoche, CEO of NEADS.

What Was the Message on Election

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

It would be easy for Republicans to gloat about the nationwide beating they gave the President and his party. I'm sure some of them will, but I would warn them not to. The dramatic political shift that occurred on November 4, 2014 in this country was loud, but I'm not sure it was even clear to the Republican party. What do I mean?

When I look at why the American people loudly rejected the extreme left wing politics of the Democratic party, there are some observations I want to share. Simply put, inaction and indecision were some of the top reasons for massive loses the Democratic party experienced on November 4th. Other reasons I see were poor results, climbing debt, a rejection of "getting something for nothing, while other people that work … pay for it." I see people giving up on the fake "Hope and Change" mantra and truly having buyer's remorse on the first cool kid "Pop Culture" Presidency, and on those who so closely emulate him.

However, what I don't see is the desire for and the sudden acceptance from the American people to suddenly shift toward the extreme right or a hard core "no negotiation" Republican platform. Rather I see the shift toward Republicans in the Senate and Congress as a message that they want Washington, DC moving again. Not the desire to suddenly move to the extreme right in exchange for the failures of the extreme left. American wants the middle back. They want compromise.

The President and his progressive liberal mantra have failed the country, without question. The American people gave it a shot and to make sure they weren't just making a kneejerk reaction, they gave the President a second term to prove it. However, 6 years into the Barack Obama Presidency, the American people put up their hands, with their votes at the ballot box and said … No more!

So what will the Republicans nationwide do with this honor and opportunity the American people have bestowed upon them? My guess is that they will squander it. History proves my analysis to be most likely accurate, but I hope I'm wrong. I am pleased that the country spoke out and rejected the extreme left of the Democratic party agenda, but I'm certain the leaders in the Republican party misread the message sent.

I believe the message sent by America to the halls of Congress was this … Get to work! Stop fighting! Get something done for the American people! Get the country moving again! Put policies in place that will help put people back to work!

Sound simple enough? Clear? Now, do you think that's the message the Republican leadership in Washington, DC heard? Is your answer no? Mine too, and it saddens me to think so. However, being the starry eyed optimist that I am, we have no choice but to hope for the best and see what they do because there is a lot more riding on this election than 2014. I mean beyond not going bankrupt, making the country safer, and putting Americans back to work.

If Republicans can do something positive and move the country forward, then they will have a real opportunity to elect a Republican President in 2016. Is that worth Republicans not shifting hard to the right?

As for Massachusetts, I can say that we dodged a bullet when Martha Coakley lost her bid to lead our state. Charlie Baker might be the most talented and well prepared candidate to win an election for Governor in Massachusetts … ever. He has the experience; he has the ideas, the plans and the personality to move Massachusetts forward. He's a moderate who is unafraid to tell you where he stands and why. Sure he'll make mistakes, but my guess is that he'll recover from them quickly for our benefit. He's a Republican unlike anything you see around the country. Watch out America … this guy might be the Republican everyone can get behind. This might be the person, the American, and the leader we all can follow.

John MacDonald is the President/CEO of Big Decisions, LLC, which is a management consulting business that concentrates on offering strategic advice on Marketing, Public Relations, Economic/ Business Development and Social Media. John has a long career of success, achieving record results in the communications field and spending over 20 years managing marketing budgets, driving the bottom line in the financial services, restaurant, retail and real estate industries.

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BUFFALO CHICKEN SALAD $ 9.35
our famous spicy chicken, romaine lettuce, tomato, carrots, celery, radicchio, Gorgonzola cheese, black olives

ROMAN SALAD $ 7.85
romaine lettuce, spinach, radicchio, tomato, cucumber, red onion, chick peas, roasted red peppers, carrots, black olives, goat cheese

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APPETIZERS

	Small	Large
MEATBALLS	$ 40	$ 80
RICE BALLS - ARANCINI	$ 30	per 15
ROLLED STUFFED EGGPLANT	$ 40	$ 80
FRESH CHICKEN WINGS *(honey BBQ, teriyaki, or buffalo available)*	$ 40	$ 80
SEASONAL VEGETABLES	$ 30	$ 50
ROAST POTATOES	$ 30	$ 50
CHICKEN FINGERS	$ 40	$ 80
PANZEROTTI	$ 30	per 20
FRIED SPAGHETTI & MEATBALLS	$ 30	per 20
FRIED LASAGNA	$ 30	per 20
FRIED MACARONI & CHEESE	$ 30	per 20

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The costs are between $20-$25 per dozen sandwiches.

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OUR SPECIALTY SUBS *(continued)*

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CAPRESE WITH PARMA PROSCIUTTO $ 8.99
Parma prosciutto, tomato, fresh mozzarella, fresh basil

CHICKEN CUTLET BLT $ 8.99
chicken cutlet with lettuce, tomato, bacon, mayonnaise cheese, olive oil

TURKEY INFERNO $ 8.95
Santa Fe turkey, NY State spicy cheddar, roasted red peppers, sandwich spread, light hots & lettuce

LONDON BROIL with sharp Cheddar cheese, horseradish mustard, lettuce $ 8.95

MAPLE HONEY TURKEY BLT with zesty honey mustard $ 8.95

BLACK FOREST HONEY HAM $ 8.95
NY State cheddar, cranberry honey mustard, lettuce

HOMESTYLE TURKEY $ 8.95
NY State sharp cheese, sandwich spread, lettuce sliced tomato & cucumber, avocado

TOTAL TOMATO $ 7.95
Fresh Roma tomatoes, chopped fresh garlic, sea salt, fresh basil, olive oil, balsamic vinegar & glaze, oregano

OUR CLASSIC HOT SUBS

Choose between fresh Italian bread or a wrap.

MEATBALL $ 8.50
HOMEMADE SAUSAGE with peppers & onions $ 8.50
CHICKEN CUTLET $ 8.50
VEAL CUTLET real, milk-fed $ 9.35
EGGPLANT PARMESAN $ 8.50
STEAK & CHEESE (or teriyaki steak & cheese) $ 8.50
CHICKEN CUTLET WITH PEPPERS & ONIONS $ 8.95

OUR CLASSIC COLD SUBS

Choose between Italian bread or a wrap. Extra cheese on any is $ .25

ITALIAN $ 7.95
DIETZ & WATSON ROAST BEEF $ 8.95
DIETZ & WATSON ROAST TURKEY $ 8.50
VEGETARIAN $ 6.50
POLISH HAM $ 7.50
TUNA SALAD *sub or wrap* $ 8.50

OUR GREAT SALADS

****add marinated grilled chicken, cold cuts, tuna, chicken salad, chicken cutlet to any salad: add* **$1.50** *for each***

GARDEN SALAD $ 6.85
iceberg lettuce, tomato, cucumber, red onion, radicchio, carrots, black olives

ITALIAN GARDEN SALAD $ 7.85
romaine & iceberg lettuce, tomato, cucumber, red onion, radicchio, carrots, fresh mozzarella, hard boiled egg, pepperoncini, black olives, and chick peas

GREEK SALAD $ 7.85
romaine & iceberg lettuce, tomato, cucumbers, Kalamata olives, red onion, radicchio, feta cheese, capers

CAESAR SALAD $ 7.85
romaine lettuce, tomato, red onion, radicchio, imported provolone, seasoned Sicilian olives

COBB SALAD $ 7.85
romaine and iceberg lettuce, tomato, bacon, cucumber, red onion, hard boiled egg, avocado, Gorgonzola cheese, black olives

SALADS

	Small	Large
GARDEN	$25	$45
ANTIPASTO	$40	$70
CAESAR	$30	$50
PASTA SALAD *(includes a selection of three pastas, red onion, black olives. cheese, broccoli, peppers, chick peas*	$30	$50
ITALIAN GARDEN SALAD	$30	$50
ROMAN	$35	$60
POTATO SALAD	$30	$50
FRUIT SALAD (seasonal mix)	$30	$50

ENTREES

	Small	Large
VEAL MARSALA OR PICCATA	$70	$120
CHICKEN, BROCCOLI, & ZITI	$50	$90
CHICKEN PARMESAN	$50	$100
CHICKEN MARSALA OR PICCATA	$60	$100
VEAL PARMESAN	$60	$110
SAUSAGE, PEPPERS, & ONIONS	$45	$90
EGGPLANT PARMESAN	$45	$90
CHICKEN & EGGPLANT PARMESAN	$50	$100
BAKED ZITI	$35	$70
LASAGNA	$40	$80
STUFFED SHELLS	$40	$80
TORTELLINI ALFREDO	$40	$80
SHRIMP SCAMPI	$50	$90
STUFFED PORK ROAST	*$6.99 fresh, $8.99 cooked*	
PASTA WITH RED SAUCE	$25	$50
BAKED MACARONI AND CHEESE	$35	$70
RIBEYE ROAST	*market price – please inquire*	

COLD CUT PLATTERS

AMERICAN PLATTER - Small $45 Medium $65 Large $100
Includes a generous spread of turkey, Santa Fe turkey, maple honey turkey, hot ham, black forest honey ham, salami, London Broil Roast Beef, New York State Buffalo Cheddar, New Yor State Sharp Cheddar, American and Swiss cheese, all over a bed of romaine lettuce with mixed olives and hot peppers

DELUXE PLATTER - Small $45 Medium $65 Large $100
Imported ham, sweet capicola, hot capicola, mortadella, salami grande, hot sopressata, sweet sopressata, Genoa salami, provolone cheese, fontinella cheese, roasted red peppers, mixed olives, fresh mozzarella, tomato, stuffed finger peppers, stuffed cherry peppers, marinated mushrooms, all on a bed of romaine lettuce with oil and spices

THE CENTERPIECE - Small $45 Medium $65 Large $100
Hanging sorpressata, hot & sweet dry coppa, pepperoni, prosciutto, salami, mortadella, parmesan reggiano, Auricchio provolone, fontinella, asiago cheese, finger peppers, cherry peppers, marinated mushrooms, roasted red peppers, mixed olives, sun dried tomato

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Menu Revision 10-28-1

Veterans Assisting Veterans

John Macdonald of Big Decisions LLC, his wife Dawn & Dan Rea of WBZ's Nightside

Veterans Assisting Veterans (VAV) and Pentucket Medical Associates (PMA), jointly sponsored their second annual Black Tie Fundraising Event on Saturday, November 8th at the Burlington Marriott Hotel. VAV with the help of emcee Dan Rea of WBZ's Nightside, raised more than $60,000 for wounded veterans and their families.

A special tribute was paid to those in the Medical Corps who have been killed, or are missing in action. Proceeds from the event will be donated to National Education for Assistance Dog Services (NEADS) and the Veteran Homestead. NEADS provides assistance dogs to combat veterans, people with hearing loss, physical disabilities, autism, and survivors of the Boston Marathon bombing. Their goal is to give independence to people – especially wounded veterans - through the help of specially trained canines.This year's keynote speaker was Colonel Joseph S. Blansfield, who recently retired after serving for over 26 years in the Army Nurse Corps, US Army Reserve. The event was organized by Tony Palmisano and John MacDonald.

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Methuen Village Wins 2014 National Mature Media Award for Facebook Page

Families and residents at Methuen Village will really "like" this: The local assisted living community and their Facebook page was recognized in the 23rd annual National Mature Media Awards Program. The program, presented by the Mature Market Resource Center, a national clearinghouse for the senior market, recognizes the nation's finest marketing, communications, educational materials, and programs designed and produced for those who are 50 and older, the nation's fastest-growing population group.

Methuen Village received a Merit Award in the Social Media category for an outstanding Facebook page. The page, managed by Director of EnrichedLIFE Programming, Kathleen Corey Rahme, is a favorite among families and residents for its vivid depiction of life at the assisted living community.

"Families regularly send along their appreciation for the page. 'We get to see our Dad having fun!' Was a direct quote from a family member," says Corey Rahme.

"We take great care to make Facebook a tool for families to stay connected. We are providing a portal for those who cannot visit everyday, to see their Mom, Dad, Grandma, Grandpa, Aunt or Uncle."

"Our Facebook page offers a visual documentary of our community's unique EnrichedLIFE programming," says Gregory Batchelder, Methuen Village's Executive Director. "It is also a great resource for those considering Methuen Village to get an inside look at what it is like to live in our community."

Methuen Village was recognized from more than 1,000 entries that were reviewed and judged by a distinguished panel of mature market experts from across the United States for overall excellence of design, content, creativity and relevance to the senior market.

More information about Methuen Village Assisted Living & Compass Memory Support Neighborhood® can be found at www.MethuenVillage.com and at www.Facebook.com/MethuenVillage.

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New Hampshire's Federal Delegation Should Lead on the World Stage by Emulating Bush

DJ Bettencourt
VALLEY PATRIOT NEWBURYPORT COLUMNIST

Few presidents upon leaving office have kept a lower profile than George W. Bush. Where other presidents have sought to bolster or define their legacies, Bush has been content to let history pass judgment on his leadership. When pressed for comment, Bush is emphatic: "There's no need to defend myself. I did what I did and ultimately history will judge."

His strategy is an interesting one and one that appears to be paying dividends in rehabilitating his image as a leader and his belief in a strong American leadership presence in the world.

However, the Bush legacy is firmly cemented in the policies he pursued following 9/11 to confront radical Islam. Without question, those decisions were controversial. But is a great clarifier and choices that once seemed misguided can look much different over the arch of history. In that regard, six short years later we now can appreciate that George W. Bush was right about the danger of radical Islam and understood the vital importance of American leadership in confronting it.

Political analyst Dean Scontras articulately summed up this developing appreciation on his Facebook page: "In retrospect, and in contrast to the current occupant, America hopefully now has an understanding of the importance of American leadership in the world -- what it looks like, and what it doesn't."

Since taking office in 2009, Barack Obama has labored to be the anti-Bush and has succeeded at a great cost to America. Today, the world is in chaos, especially in the Middle East. At a time when American leadership is needed most, the Obama Administration appears dazed and confused. In a recent op-ed, former Vice President Dick Cheney summarized President Obama's approach to threatening world events as "empty threats, meaningless red lines, leading from behind, appeasing our enemies, and abandoning our allies."

The situation has devolved to the point that European leaders who once disparaged Bush as an arrogant cowboy now openly wonder if his presidency was the sunset of serious American leadership in the world. Obama saw Bush's decisiveness as arrogance, while our allies have come to appreciate it as trustworthy leadership. Obama's detachment reached a fever pitch last summer when Polish Foreign Minister Radek Sikorski angrily quipped that Warsaw's relationship with Washington was "worthless" in dealing with the Russian-Ukraine crisis.

European leaders were often unyieldingly critical of Bush because it played well with their naïve citizens but those leaders knew they could trust him to keep his word. The opposite is true of Obama. They praise him as a celebrity but know they can't trust him to lead.

The situation has now grown more serious and has progressed beyond the assessments of European leaders. The rise of ISIS and the re-generation of radical Islam in Iraq and Syria is a direct and deadly threat to the civilized world. Strong American leadership is desperately needed.

The 2014 elections have provided an opportunity for New Hampshire's delegation to help provide American leadership in the Bush-mold. Last week, Jeanne Shaheen was re-elected to the U.S. Senate and will not stand for election for another six years. Granite Staters can only hope that she will feel more comfortable in breaking from President Obama more frequently and will demand strong leadership in confronting ISIS and threats to American safety.

Additionally, New Hampshire wisely returned Frank Guinta to Congress. Congressman Guinta should seek to specialize in foreign policy or a national security topic, much the same way Sen. Kelly Ayotte has done with Middle East and defense issues. This will not only provide a much needed additional strong foreign policy voice in the House of Representatives but will distinguish and insulate Guinta from getting pinned down on ideological hot button domestic issues that could hurt him in his swing district.

It was only a few years ago that it seemed political suicidal to suggest that following George W. Bush's model of foreign leadership should be emulated. Yet, that is the type of leadership that is most needed to address current world crisis's and prevent future ones.

New Hampshire's delegation will never have as much influence on world events and American foreign policy as the president. However, that doesn't mean they cannot influence and pressure President Obama in a positive way. The world needs strong American voices they can trust, like they formally had with Bush. If President Obama will not lead on the world stage, than why not Kelly Ayotte, Frank Guinta, and Jeanne Shaheen? How do they want to be judged by history in this time of crisis?

D.J. Bettencourt served as a State Representative in the New Hampshire House of Representatives from 2005 to 2012 and was the House Majority Leader for the 2011-2012 legislative term. He currently works as the Director of Development and Community Relations at the Salem Animal Rescue League and serves on the Economic Development Action Committee in Salem, NH.

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Newly elected State Representative Jim Kelcourse with Valley Patriot Publisher Tom Duggan at a meeting for Salisbury Beach Citizens for Change.

Kelcourse Declared Official Winner by 11 Votes in 1st Essex State Rep. Race

Joe D'Amore
VALLEY PATRIOT SEACOAST REPORTER

Republican State Rep. Candidate Jim Kelcourse has been declared the winner of the three way race for the 1st Essex State Rep. seat by 11 votes after provisional ballots were counted in Newburyport and Salisbury.

Kelcourse initially won the final vote on election night by 9 votes but his win hung in the balance as there were provisional ballots still to be counted.

The 1st Essex State Rep. District includes Amesbury, Newburyport, and Salisbury.

"I'm really excited to get working for the district, there's a lot that needs to be done," Kelcourse said Friday morning after the provisional ballots confirmed his win. "I know Ed may call for a recount and that's his right, I respect the process and I'm OK with that. I believe anything that can be done to make sure the will of the voters is correctly counted and recorded is a good thing," Kelcourse said.

"I am confident that the vote total won't chance," Kelcourse added. "But I'm OK with whatever happens because we are ar talking about our most fundamental right, the right to vote and have that vote counted correctly.

Ed Cameron could not be reached for comment.

Kelcourse maintained a razor-thin margin of 9 votes for days after the election. His closest competitor was Democrat James Cameron. The tally initial vote tally showed; 6,971 for Kelcourse vs Cameron's 6,962. These are the unofficial results for Newburyport, Amesbury and Salisbury.

"I can't wait to get working for Newburyport, Amesbury and Salisbury," Kelcourse told The Valley Patriot.

Kelcourse said he is eager to hit the ground running as the Representative-elect.

"My priority right away is to work on the funding gap in education. The first thing I want to examine is how to revise the Chapter 70 Education funding formula, particularly the cost of special education transportation costs. We have to change the cost of special ed transportation. So my priority is to restore local aid to Amesbury, Salisbury and Newburyport, because the way the chapter 70 formula is calculated is just not working for these 3 communities."

Kelcourse says that he also wants to expand economic development, increase funding for parks, road repairs and sidewalks.

"I'm very grateful for support I received from so many people throughout the district. I'm especially grateful for my fellow candidates. The type of race we all ran was very positive, very upbeat. I couldn't be more pleased with my opponents in this race they are true gentlemen."

Tom Duggan contributed to this report

Newburyport Guide.com

The Holidays Are Coming To Newburyport!

Rebeccah Pearson
VALLEY PATRIOT NEWBURYPORT COLUMNIST

A Newburyport tradition fast approaches. As the fall season comes to an end and decorating for Christmas and Hanukkah begins, we have many things to look forward to in Newburyport. Season's Greetings and Holiday cheer emanate through the air and a giving time to those less fortunate begins with a tree lighting, holiday songs, decorations in windows, and displays that will make you want to decorate your home for the holidays. M.K Benatti in Newburyport will be holding their annual Toys For Tots Drive as well.

On November 30th from 3:30-5pm, as the holiday season approaches, Santa & Mrs. Claus arrive in the most fitting way for this seaport town: by US Coast Guard boat! Welcome Santa on the Sunday after Thanksgiving as he and Mrs. Claus dock at the boardwalk and begin to parade through Downtown Newburyport, then gather in Market Square for the annual Christmas tree lighting and carols.

Enjoy merchant hospitality while shopping in local stores. On the first three Fridays, enjoy our Invitation Nights here in Newburyport. Mark your calendars, book a babysitter and call your friends to make plans for three great nights in

Newburyport! Live entertainment, fabulous shopping and dining and of course the spirit of the holidays in beautiful and festive downtown Newburyport and The Tannery! This year they will be doing a three Friday event where tradition used to be only two Fridays. So this year from 6-9pm on December 5th, 12th, & 19th, you will find yourself in a winter wonderland seasonal happiness right on the streets of Newburyport.

Santa Comes To Inn Street, at Santa's Work Shop! Bring the kids down to Inn Street in Downtown Newburyport where they can meet Santa, share their wish list, and get their very own photo taken with Mr. C! Then enjoy strolling around the beautiful downtown area - a great way to spend a weekend day with the family during the holiday season. Days of Santa's Workshop and times are: Saturdays, December 6th, 13th, and 20th 10am-1pm, Sundays December 7th, 14th, 21st 11am-2pm.

One of the many joys of the Holiday Season is enjoying the holiday music. Newburyport Choral Society Winter concert will make your ears happy and your smiles filled with holiday bliss. The Newburyport Choral Society under the baton of new Music Director, Dr. George Case, will present their annual Winter concert on December 13th and 14th. The 2014 Winter Concert "Peace on Earth" features The Molin School Children's Chorus and the NCS Orchestra. Belleville Congregational Church is located at 300 High Street, Newburyport. Saturday December 13th at 8 pm and Sunday December 14th at 2:30 pm. In the event of a cancellation, a concert will be rescheduled to December 15th at 8 pm at Belleville Congregational Church. Adults $22; Seniors & Students $20 & $25 at the Door.

This year come to Seabrook, NH where the first Annual Christmas Parade and Stoll that will be dedicated to Toys for Tots and local charities will begin on December 6th at 12pm at The Chop Shop and end at the Wal-Mart parking lot where you will find a live music stage with bands from all over and the floats lined up serving hot coco and refreshments. Santa will be there to meet and great everyone.

After last years battle with the Hampton Beach Holiday Parade, Bill from The Chop Shop was met with open arms by the city counselors and plans are now underway for what is sure to be a fantastic parade!

Enjoy the beginning of the Holiday season. And remember to shop local this year!

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Unresolved Thyroid and Hashimoto's

Dr. Jin Sung
FUNCTIONAL CHIROPRACTIC

According to the American Association of Clinical Endocrinologists, more than 27 million Americans suffer from thyroid dysfunction, half of who go undiagnosed by conventional medicine. Of the detected cases of hypothyroidism, 90 percent are due to an autoimmune disorder called Hashimoto's disease, in which the immune system attacks and destroys thyroid gland tissue.

Thyroid replacement hormones ignore what caused the thyroid to become depressed in the first place. For example, irregular immune function, poor blood sugar metabolism, gut infections, adrenal problems, and hormonal imbalances can all significantly depress thyroid function. While prescription thyroid hormones might bring serum thyroid levels into a normal range, they do not address what caused the thyroid to falter in the first place.

The drugs may make some people feel better, but for many others the relief is short-lived, if it occurs at all, even when they have normal blood test results.

In the case of Hashimoto's, taking thyroid medication has no effect on the autoimmune disease that destroys the thyroid gland. The first step is to dampen the immune response and slow its attack on the thyroid gland. When the immune system flares up, it destroys thyroid tissue and releases a flood of metabolism-stimulating thyroid hormone into the bloodstream, which causes a racing, pounding heart and anxiety. When the attack slows, the compromised thyroid gland returns the body to the hypothyroid state of fatigue and depression. Also, studies show that eating gluten triggers and exacerbates the condition.

The functional and conservative management of thyroid care often begins with balancing the blood sugar. A gut-repair regimen, which includes eliminating foods that repeatedly fire up the immune system, is also typically necessary. In some cases more extensive testing to search out parasitic or bacterial infection is required. Many people also suffer from some degree of adrenal stress, which must be addressed and chiropractors are known to do this very well with diet, nutritional and stress management procedures.

A functional approach to thyroid care: A synopsis

The following is brief outline on the functional approach to thyroid care and does not replace the many hours of education, study, and experience required to address thyroid dysfunction.

• Assess symptoms and run comprehensive blood chemistry laboratories including thyroid panel using functional ranges to identify the pattern of thyroid dysfunction.

• Assess whether the thyroid condition is autoimmune by positive antibody markers in blood chemistry or other means of immune testing. If positive, identify, using lab testing and symptoms, whether the autoimmune imbalance is driven by an active antigen or a dysregulated immune system. Modulating the immune system using functional means with nutritional compounds formulated for this response, and, if necessary, address the active antigen and provide TH-1, TH-2, or TH-3 support as needed with nutrition and lifestyle management.

• Assess whether blood sugar imbalances, i.e. hypoglycemia, insulin resistance, or diabetes are an issue and address through functional means: diet, nutrition, exercise, and lifestyle management. Adrenal function and cortisol levels are a part of this evaluation.

• Assess whether gastrointestinal infections and/or dysfunction are an issue and address through diet, nutrition, exercise, and lifestyle management. Lab testing may be necessary.

• Assess whether hormones are imbalanced by symptoms and lab testing and support through diet, nutrition, exercise, and lifestyle management.

• Assess whether neurotransmitter imbalances are an issue and address through diet, nutrition, exercise, and lifestyle management.

• Re-evaluation of thyroid markers made on an on-going basis during active care of the patient and involvement with the patient's primary care provider who can monitor any medication is often necessary.

• The risks in functional medicine management of thyroid conditions are minimal because diet regimens are employed, natural nutritional compounds are recommended, exercise protocols are advised, and lifestyle management issues are addressed. Almost every chronic disease is lifestyle driven and the reversal of it must be made to repeal the chronicity of the health condition.

Dr. Jin Sung is a chiropractic physician who offers a unique, drug-free, and effective approach to the management of chronic health conditions. He utilizes Brain Based Therapy and Functional Medicine approaches to achieve excellent results with his patients. Call 978 688 6999 or visit www.DrJinSung.com

Please consult with your physician before starting any dietary or nutritional regiment. The information provided is not meant to replace proper medical care.

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SENIORS: FROM 5

you never know what else?! There will be no news and views on Nov. 19th.

MEET WITH AN ATTORNEY: Atty. Ray Cannon, Dec 3rd and Atty. Ramsey Bahrawy, Nov 19th. Schedule with Reception-first consult is free.

MR. FIX IT: First and Third THURSDAY of the month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is $2 - $4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

WALK IN CLINIC: Wednesdays 9-12 pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

FOOT CARE: RN Catherine Languedoc, Foot Care Specialist ($25), third Friday of every month from 8:30-2:30. Dr. Skinner ($30) is available on the second Wednesday of the month, 1-4pm.

HEARING CLINIC: November 19th, Miracle-Ear will be at the North Andover Senior Center (3rd Wed. of every month), 10-12.

Backyard Chickens ... in Lawrence?

Yes it's true, backyard chickens are allowed in Lawrence. The growing rage in urban areas to keep a small flock of chickens in your backyard has made its way to Lawrence. Chickens in the city are nothing new. However, without a permit from the Board of Health, those chickens are illegal and have frequently been confiscated by the Animal Control Officer.

The Lawrence Board of Health regulations that pertain to chickens state:

#28) No person shall keep live fowls of any kind, rabbits, goats, swine or cattle in the city without a permit from the Board of Health.

#29) No person shall keep fowls of any kind in any building which is in use as a dwelling house. And no such permit shall be given except on written application, recommended by an official of the department (health) and approved by the Board of Health.

To obtain a permit send a letter to the Board of Health requesting permission. The permit costs will be $10 per year. The guidelines the city is using mimic those from the city of Somerville. A maximum of 4 hens are allowed and roosters are forbidden.

Many people have strong feelings one way or the other about having chickens. Many concerns are based on misinformation. Here are a few questions that have come up.

Why keep chickens? The decision to keep chickens was to help maintain a healthy lifestyle and a desire to eat quality, healthy foods. I have been researching and (over) analyzing the food industry. What I found that the industrial food complex in the US has done to our food over the last 4 decades is frightening. Factory farmed meats and vegetables are increasingly found to be an unhealthy choice due to genetic modification, pesticide use, added hormones and antibiotics; because of this, growing and raising ones own food is becoming popular.

Chickens help provide us with quality, fresh, wholesome eggs. Home-raised chickens produce eggs that are more nutritious and flavorful than the store bought variety.

What does it cost? The start up costs can be pricy and depend on the amount of space you have and your budget. Coops in all shapes and sizes are available on the internet for any price point. The coop is necessary for the hens to have a comfortable place to sleep and help keep them out of bad weather. In addition to the coop you need a run, a fenced in area for the chickens to have some room to roam about and scratch the ground.

Supplies needed are; bedding for the coop (we use pine shavings), straw for the nesting boxes, food with an appropriate container and a water dispenser.

You must decide if the cost is worth the benefits. Free-range, organic eggs at the market costs us about $3.69. With our three hens we should get about 900 eggs annually. If we bought all those eggs at the market it would cost us close to $280 per year.

What about the mess? Using good sanitary practices avoids a mess from building up. Don't be fooled, those little birds poop a lot! While the regulations call for weekly cleaning, we find that daily cleaning makes clean up easier and prevents odor.

Chicken waste is a fantastic fertilizer! The accumulated waste is collected in a covered pail and weekly added to the compost.

The straw for nesting boxes should be changed every two to three weeks to ensure insects do not get in. The straw can be added to the compost or go into the yard waste. Coop bedding (pine shavings) is checked daily for waste and needs to be changed out entirely once or twice a year.

Chickens attract rodents and other predators don't they? Well lots of things can attract rodents, but yes rodents, raccoons, opossums and hawks do like chickens. Coops and runs should be constructed to eliminate predators' access. A trench is dug to 12-18" around the perimeter of the coop and run and ½" metal cloth should be buried to prevent animals from digging under. The run should also be covered with the same mesh or other screen to prevent all kinds of birds from getting in.

Don't chickens pass on diseases? Avian flu is passed via wild birds not domestic chickens. The use of ½" metal cloth to cover the run will keep small birds out thus keeping your chickens healthy. Salmonella is passed along from sick birds usually in large poultry farms. As long as you follow good sanitation practices, you will have healthy chickens and healthy eggs.

Do you have to have a big yard to keep chickens? Chickens only need about 3 square feet per bird. As long as you have space for a coop and appropriate size run you have enough space. You don't have to allow the chickens to roam around the yard. But if you do, you should ensure your yard is fenced to keep them contained on your property.

What happens to the chickens in the winter? Poultry actually don't mind the cold, they tolerate it much better than the heat. As long as the bird's water doesn't freeze, have shelter from the wind, weather, and predators, they will thrive over the New England winter.

Keeping chickens is fun and healthy, and the right decision for our family. For further information about keeping backyard chickens in Lawrence you should contact the Board of Health in the city's Inspectional Services Department.

Five Foods Your Dog CAN Eat In Thanksgiving

Tracey Zysk
VALLEY PATRIOT DOGGIE COLUMNIST

When preparing your Thanksgiving dinner, take a moment and create a plate for your four legged friend.

Over and over we are told NOT to feed our dogs "people food". Well on this Thanksgiving, let's break the rules a little and let your dog be included in the family dinner! No, he doesn't get to sit at the kids' table, but he is welcomed to a festive meal. If you plan a plate properly and in moderation, there are some delicious foods that are perfectly safe for your pup.

5 Favorites:

1. Turkey - Cut up some of the white meat into small pieces, your pup will be in heaven! Just stay away from giving him the skin, dark meat and any of the bones.

2. Green Beans - Very tasty and loaded with vitamins, minerals and fiber. Please do not put any salt, pepper or butter on the beans.

3. Sweet Potatoes - Yummy...your dog will be licking his plate clean. Most dogs love sweet potatoes and it ranks #1 in nutritional content of all vegetables. Once again serve with no salt, pepper or butter.

4. Peas - The fun vegetable. Your dog will probably push, mush and play with this veggie but he will eventually eat it all. Serve either raw or cooked. Peas are reliable source of omega 3 & 6 fatty acids.

And for Dessert

5. Pumpkin Pie - Did you know pumpkin is one of the best ways to calm a dog's digestive tract? And what a wonderful after dinner treat. It's pumpkin … It's tradition … why not? Your pup deserves a little comfort food too. Just don't serve with whipped cream or ice cream.

Just a friendly reminder, no garlic, onions, salt, pepper, peanuts, berries or dairy products for your dog, as these foods can be toxic.

I wish you, your family, and all your pets a Happy and Safe Thanksgiving!

Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, TV and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units and National Award winner of the Platinum PAW award. Tracey may be reached at wigglewalk@comcast.net. Become a fan on Facebook at Wiggles & Jiggles Pet Care

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TEEN TALK WITH ANA DEBERNARDO

A Look at History

Looking for inspiration for this month's column, I turned to topics we are covering in school at the moment, and discovered a worthy subject. It seems as though every other year, students are required to take US History.

That being said, learning about the Industrial Revolution this year seemed like an agonizing flashback of years past. Don't get me wrong; I'm an extremely proud and patriotic US citizen. It just irked me that there is an entire world of history out there, and we curiously only cover our own most of the time. These last two months, however, I've learned in school that there is still a lifetime of things we have yet to learn.

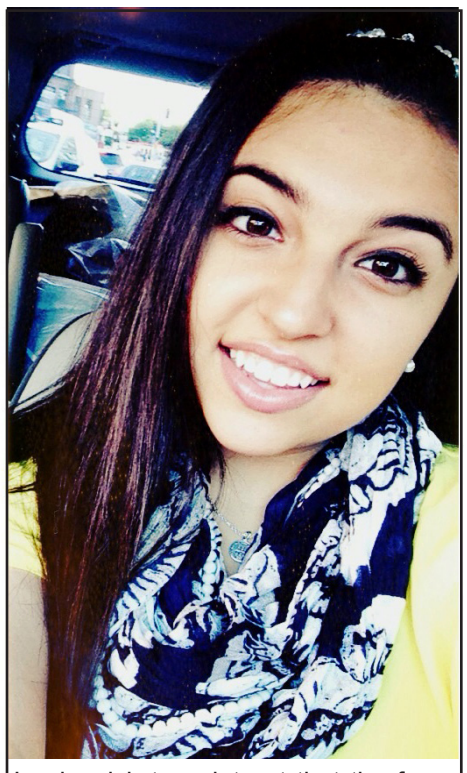
The Industrial Revolution, and the years preceding it particularly hit home this past week. Learning about the urbanization of our country and the millions of immigrants who made our home their sanctuary, I had a few "aha moments" (you know those revelations you have that totally just alter your outlook on life forever---"aha moments").

Though they were considered "undesirable" at first, these dream chasers and refugees soon became monumental figures in molding the nation.

When these immigrants first arrived in America, however, they were not greeted with warm welcomes, bouquets of roses and Edible Arrangements deliveries. Instead, they suffered through problems with assimilation, struggles to find a home and a job, and the added prejudice they faced from their new neighbors. This got me thinking that there's not much of a difference today. Obviously, it's impossible to equate the conditions in nineteenth century America with the situation today, but the thought is equally relevant.

Many people are not happy with the constant flood of foreigners into the country, and some with fair reason. My only point is that we shouldn't forget the positive impact they have had on our national success in the past.

Their determination and drive for the illustrious "American Dream" thrust the economy into an age of prosperity. Even today, these people play a tremendous role in sustaining the Land of the Free. Too many of us take for granted the effort they exert for the well being of the nation, and choose to mock their differences rather than embrace the



I only wish to point out that the fame attributed to our country would be nonexistent without the "melting pot" trademark contributed by its immigrants.

vivacity they add to our everyday life. All over the world, America is extolled as the Mecca of possibilities and the land where dreams come true. Shouldn't we then be flattered that so many people seek to call our nation home?

I am not oblivious to the fact that we cannot house the entire human race. I am aware that problems will inevitably arise after a certain point. I only wish to point out that the fame attributed to our country would be nonexistent without the "melting pot" trademark contributed by its immigrants.

"We must learn to live together as brothers, or perish together as fools."

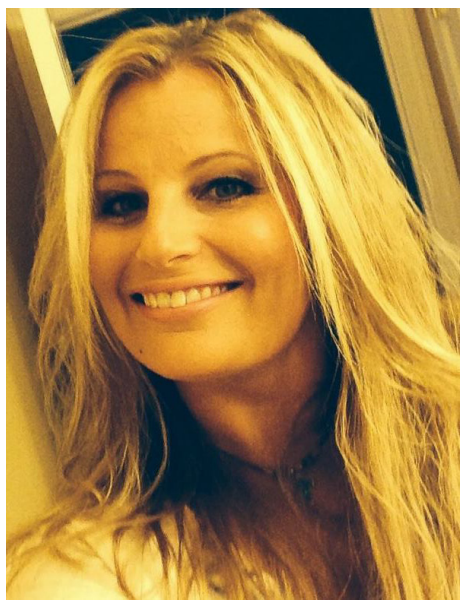
-Martin Luther King Jr.

Some of the most interesting experiences I've had were meeting people from different countries. There is something so intriguing to me about exploring foreign countries and learning about their cultures through its inhabitants. Every culture joined to our national identity adds another unique ingredient to our melting pot. If America only consisted of a 100% native-born population, there might be tepees in place of skyscrapers, and buffalo in place of cows.

BABIES AND BRIEFCASES

HOMEWORK WARS

Cheryl Hajjar
VALLEY PATRIOT MOMMY COLUMNIST



'Tis the season for homework. Happy, Happy, Joy, Joy. If you have grade school children, even mentioning the word homework is like dragging your fingernails down a never ending chalkboard. Some days I honestly would rather walk over a 1000 hot coals in my bare feet than suffer the homework induced anxiety that I experience during the week with my son as he moans, groans and flails his body from room to room with this ungodly pout on his face. He is not a big fan of homework, but then again, who is? Does anyone really truly enjoy doing it? Homework is fun said no one ever.

The reality is, it has to be done, and has to be done well. So how do we motivate our children to want to do their homework? The first step we must take is to convert ourselves first. What do I mean by that? As parents, we need to have a healthy attitude about their homework. I, for one, have been guilty of saying I hate homework around the house. The frustration can be overwhelming I admit, but that's no excuse for my poor attitude. If I have a poor attitude, then why on earth would he have a good one? Being positive is the only way to ease their pain. We must teach them that if they consistently do something, even if it's hard or if they don't like it, it will teach them to persevere in the toughest of situations.

So what can we do to motivate our little ones you ask? Here are some steps we can take to minimize the homework tug of war.

1. Fuel Their Brains - Most children are hungry mid-afternoon, so it makes sense to give them an energy fueling snack like cut up apple slices and peanut butter, or a sandwich. They have been in school for 6 plus hours and they need to refuel their brains for the homework.

2. Space Designation - Designate a "homework" space in your home, whether it is in their rooms, an office or wherever is a quiet space that they can concentrate in. Children are creatures of routine, just like adults, and they will be able to sit down and focus much quicker in the same designated spot everyday after school to do their work.

3. TV Be Gone - Having the TV on is a big no-no when homework and studying are being done. Of course my child is still convinced that he can watch TV and do his work at the same time but unless he has two sets of eyes, which he does not, this is an impossible feat. They will get used to the quiet and be much more focused on their work this way. Turn the boob tube off folks.

4. Same Bat Time, Same Bat Channel - Set a specific time when your children sit down to do their homework. Each child is going to be different. I have personally learned that my son is much better off doing his homework when he gets home from school than waiting until after dinner when the food coma has set in. Let your child choose for themselves when is the best time. This may take some trial and error but they will learn on their own what works for them.

5. The Final Countdown - Give your child a 5 or 10 minute warning as to when "homework" time must begin. This gives them time to get mentally prepared for when the work is going to begin. Announcing that it is time to do their homework can lead to a sense of frustration, almost as if you are "telling them what to do" or they are being forced to do their homework. I learned a long time ago that giving your children little warnings goes a long way.

6. Don't Bribe, Reward - Bribing with money or food is so 90s. Although it sounds like an easy solution, this type of behavior has only short term gains and will not encourage your child to enjoy learning as they transition into adults. Try a reward system like letting them play their Xbox only after their homework is

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American Training Honors Partners at Annual LIFE Matters Awards

Applause filled the room as the 2014 LIFE Matters Award recipients were announced. The crowd rose to their feet as Market Basket associates were called to the stage.

Each year American Training recognizes companies and individuals in the community who make a difference in the lives of those they touch by putting people first, at their LIFE Matters Awards Gala.

The annual event celebrates the organization's Partners, or companies and organizations who work with American Training and LARE Institute. While all guests of the Gala are treated to an evening of the organization's signature WOW! Magic, the night lends a focus to the award winners.

The 2014 recipients, Market Basket associates as the LIFE Matters Award recipients, Injured Workers Pharmacy as Company of the Year, and Chase & Lunt as Vendor of the Year were celebrated October 24 at DiBurro's Function Facility in Haverhill.

"Each of our award winners embodies a people first philosophy that has translated not only into financial success but into amazing opportunities for those most vulnerable in our communities," said American Training President & CEO Tom Connors. "Their support of our programs throughout the year further enhances just how much Life really does matter."

Chase & Lunt and Injured Workers Pharmacy, IWP, were recognized for their outstanding customer service.

"They are always there for us and are a delight to work with," said Carina Pappalardo, American Training's Chief Culture and HR Officer of Chase & Lunt. "They provide a superior level of quality service and make us feel like we are their only customer."

Cheryl Watson, Career Placement Specialist and Supervisor for American Training's LARE Institute, said of IWP, "actions speak louder than words," adding that the company regularly hires students from LARE and recently donated much needed items to enhance hands-on learning in the classroom.

"In many ways they share our corporate values and practices, they deeply understand and share our dedication to making life matter."

The final award went to Market Basket associates. The company's associates

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completed, or watch a movie after the work is done. I always say to my son that when his homework is done, he has the rest of the night to himself. He likes this because it gives him "freedom" to spend the rest of his evening like he wants to, so this works for us.

7. Don't Be a Helicopter Homework Parent - Of course we want their homework to get done as soon as possible, but it does not help them if we hover over them or sit with them while they do it. Encourage your child to work independently from you. This will give them great satisfaction when they figure out a math question or write a history paragraph on their own. It will also teach them to make their own decisions and ultimately become more responsible.

8. Give Positive Praise - When your child does a good job or gets a good grade on a test, make a big deal out of it. Nothing makes them feel better than hearing words of positive encouragement. We all like to be told when we have done a good job at something, even as adults. With our children, it's even more important to praise their good work.

Although these steps will not turn your child into a homework loving fiend overnight, they can most definitely help them work through their frustrations and encourage good study habits and hopefully minimize how much hair your pull out of your head.

Fair Elections? Popular Vote?

Dan McGraw
VALLEY PATRIOT GUEST COLUMNIST

I believe, during this election season, just in the race for Governor, we have witnessed a glaring and painful example of the eclipse of personal human liberty and justice through the SCOTUS doctrine of corporate personhood, circa 1886 and a case example of what happens in Senate votes since the 17th Amendment.

Clearly, the Two Major Parties are corporations with national standing, very deep pockets, extensive connections, and an extremely persuasive endorsement process. (The United Independent Party is a fledgling organization with local roots.) Six corprorate persons own 95% of the TV stations since the 1996 FCC decision to deregulate creating incredible monopolies. Just 2 Corporations own the majority of the FM Stations.

Here is my understanding of the details of the history of this legal and bloodless coup of the Republic. Corporate personhood was first articulated in a simple headnote by the court reporter in the SCOTUS case of 1886, Pacific RR v Santa Clara County. The court reporter asked Chief Justice Waite for a clarification of the legal definition of the word 'person' in this case. Up until that instance corporate and human persons were distinguished for legal purposes under both Constitutional/national and State/Municipal law with the designation of 'artificial' person and 'natural' person. "Artificial' persons included corporations, unions, churches, and government agencies and 'natural' person was reserved for humans only. Why the court reporter and Chief Justice decided they had the authority to eliminate this distinction without an actual test case before the Court remains one of those fascinating mysteries of history.

Recently I interviewed four Officers of the Commonwealth and Mr Camargo on Perspectives at HCMedia. The theme was the founding ethics of our Nation and the Commonwealth, liberty and justice, expressed in the Declaration of Independence and the Bill of Rights summarized, I believe.

Independent Candidates for Governor MA described a very inequitable system in the media with their campaigns between the two Big National Parties and themselves running locally without large National resources. Their sense is that the media conveys the sense that there are really only 2 Candidates for voters to choose from and they come from only 2 Parties. The mainstream media (MSM) seems to be reinforcing this perception again and again through their editorial control.

For example, the Indie Candidates were disinvited from a debate in Worcester 10/27 to which they had been previously invited 6 weeks prior. The Indie Candidates were never invited to the Boston Globe-WBUR debate 10/21 nor the 10/28 debate sponsored by Chs 5, 7, WBUR (PBS!), and Bloomberg. These are just three of many examples occurring in the MSM daily. The Independent Candidates were told that the reason for their disinvitation or lack of an invitation for the debates was because of their low standing in the polls, at 5% or better. Isn't the process of not covering Indie Candidates because of their low standing in the polls a self-reinforcing process, the Candidates ask and I wonder. Robert Sarvis, Libertarian Candidate for Senator in VA has not been invited to any of the MSM debates despite polling in the double digits and ahead of the Republican candidate. The Dem and GOP candidates in VA have actually turned down a 3 Party Debate at a local University.

In contrast to polling data, as a criteria, if we use Massachusetts voter registration as a measure of voter preferences, 52% of voters are Unenrolled, 35% are Democrat, and 11% are Republican. Such statistics may imply a desire on the part of Citizen Voters to reserve judgment and to choose their preferred candidate as opposed to voting a Party ticket? Wouldn't such statistics be a more reliable measure for the MSM to ascertain voter interest and, therefore, be a more valid measure for deciding who to invite for Televised Public Debate? Also of interest in this regard is that the number of people who

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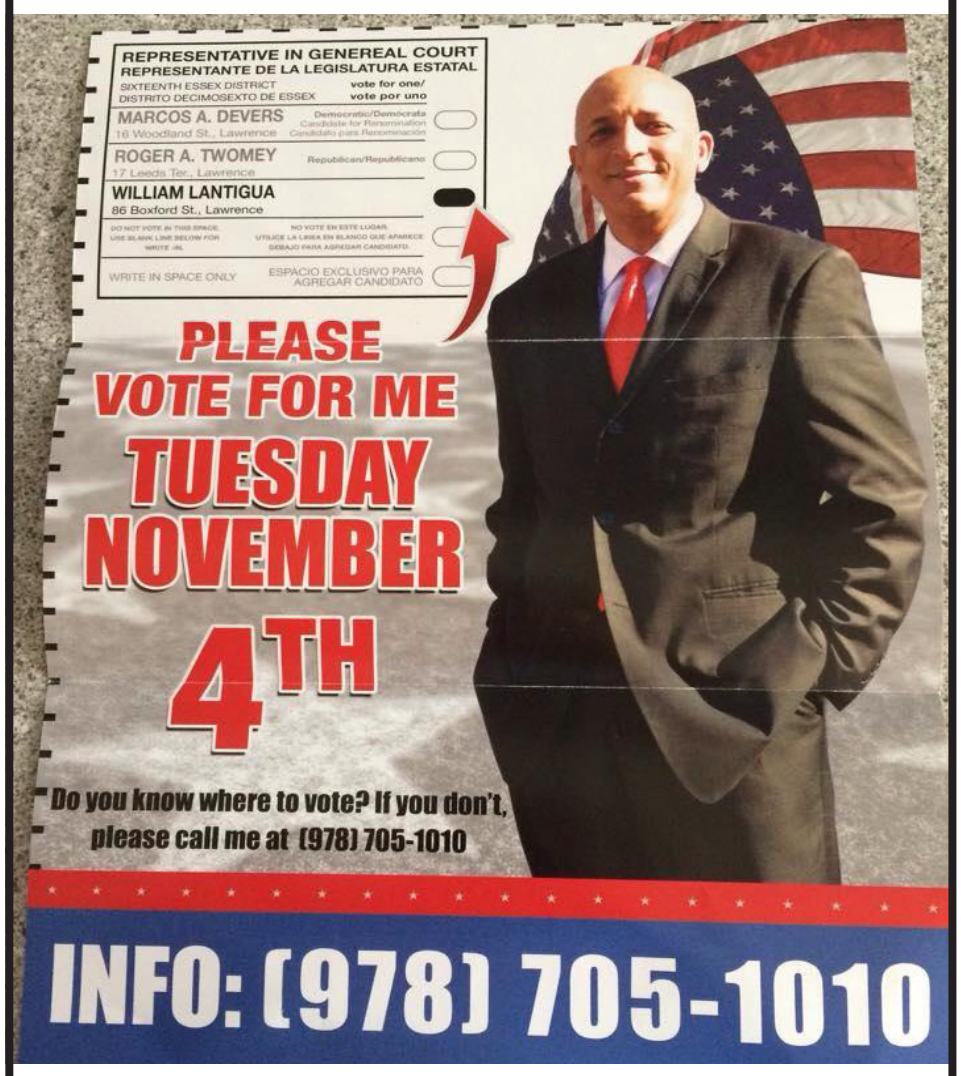
LANTIGUA MATERIAL HAD UPSIDE DOWN FLAGS



Former Lawrence Mayor Willie Lantigua sought to regain his State Rep. seat back in the 2014 election. Readers of The Valley Patriot sent us copies of all his campaign literature including this piece (above) where Lantigua flies the American flag upside down. Lantigua could not be reached for comment.

AMERICAN TRAINING: FROM 23

were chosen to receive the prestigious LIFE Matters Award for fostering a family atmosphere, offering top-notch customer service, and working together to provide affordable products to allow their customers to feed and care for their families.

"We are always looking out for our customers," said Joe Schmidt, Market Basket's Supervisor of Operations. "People looking out for others, allowing people to reach their full potential. This is something that lies in the core values of both Market Basket and American Training."

Over the last year, the nation learned just how committed these associates were to each other, their company, their boss, and their customers. The strength in their bond draws from their value for people over anything and everything, something American Training holds in high regard.

Schmidt accepted the prestigious LIFE Matters Award, along with several associates, including American Training Guests, or adults with disabilities.

"On behalf of Arthur T. Demoulas, his wife Maureen, his mother Irene Demoulas, and all of us at Market Basket, it is an honor to receive the American Training LIFE Matters Award," said Schmidt. "We are humbled by the recognition."

The celebration continued through the evening featuring a magician, hula hooper, and juggler in Piccadilly Circus; a photo booth; a cupcake Tower of Yumdon; a candy bar in the land of Candelot; a 50/50 raffle and silent auction; a delicious meal; and proclamations delivered by State Rep. Marcos Devers.

"The WOW! Magic created here this evening is made possible by the deeply held Values that drive the success of each of our award winners." Connors said.

"I hope old friends of American Training were able to enjoy the WOW! evening they have come to expect from us," said Kimberley Judd, the event organizer and Director of Allied Health for the American Training's LARE Institute. "And that new friends of American Training were able to see first-hand, the passion that the Colleagues of American Training put into what we do every day."

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(hear it on WCAP, read it in The Valley Patriot),
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The Need for Veterans' Housing in Massachusetts

IN YOUR CORNER WITH SENATOR KATY IVES

November 11, Veterans' Day, a national day of remembrance to honor the men and women who have served in the armed forces during war, was signed into law by President Dwight D. Eisenhower in 1954.

In my first term as State Senator, I am proud to have worked on veterans issues and supported legislation that expanded their benefits. Massachusetts spends more than two times as much per veteran as any other state in terms of local and state government expenditures. Additionally, Massachusetts leads the nation in the number of benefit programs available to its veterans, offering 67 unique services, and yet, there is still more work to be done.

Housing for veterans is an issue I will continue to work on in my second term in the State Senate. Last month, I hosted a roundtable discussion with area Veterans Service Agents, Housing Authorities and the Senate Chair of the Joint Committee on Veterans Affairs, Senator Michael F. Rush. The discussion focused on challenges related to the high cost of rental units and homes in the region, and reviewed programming and benefits available to veterans. Also discussed was what could be done legislatively and through the budget to address these issues. The Veterans Northeast Outreach Center, veterans agents from Amesbury, Haverhill, Merrimac, Methuen, Newburyport, North Andover and Salisbury, in addition to other Merrimack Valley and North Shore representatives, were in attendance.

The conversation also covered how municipalities can work to improve access to housing for veterans. Such examples include expanding Community Preservation Act options to include the development of veterans housing, supporting funding for the maintenance of existing housing complexes, and the purchase and rehabilitation of foreclosed properties.

A great example of municipal efforts is Freedom House in North Andover, which was assisted by Community Preservation Act (CPA) funds and will provide three veterans and their families in North Andover with housing. I toured Freedom House last month and it not only provides housing to the veterans and their families, but restored a building in need of some repair, an all around benefit to the community. The families are due to move in by Thanksgiving.

Veterans in our communities include men and women who served generations ago, as well as those who returned from serving as recently as this month. They have sacrificed to preserve our freedoms and deserve access to information and resources, whether in the transfer to civilian life or address housing challenges in their later years. Over the next legislative session, I will work with our Veterans Agents and veterans organizations to submit legislation and advocate for state budget priorities to advance these goals.

In Global Warming Battle Truth is the Biggest Casualty

Christine Morabito
VALLEY PATRIOT COLUMNIST

On a recent trip to Maine, I hiked the beautiful Wells Reserve at Laudholm. The quiet solitude, view of the salt marsh and resident wildlife was well worth the trek -- except for one thing. Dotting the landscape were dozens of unsightly white structures, resembling cages. A sign on the boardwalk described these eyesores as an experiment "to simulate the effects of global warming on salt marshes ..." This begs the question: If catastrophic man-made global warming is truly occurring, then why do we need to simulate it? Maybe because it isn't.

Ignoring the constant barrage of threats and intimidation, more and more scientists are asserting that the science is not settled. What began as science has become a highly politicized, well-funded environmental activist movement with the ultimate goal of changing human behavior. The villain in this doomsday scenario is modern industrialization and the resulting carbon dioxide, or CO2, it adds to the environment. But, this greenhouse gas represents a tiny portion of our atmosphere (.054 percent), making it virtually insignificant. Smaller yet is the amount of CO2 humans contribute to the mix.

As highly-evolved organisms, we tend to have an inflated sense of our own importance. So, If you can convince enough gullible humans that they are the ruining the planet, if you can get a few Hollywood elites, liberal activists, politicians and a crisis-addicted media on board, the money will follow. Today, tens of thousands of jobs depend on our fear of a climate apocalypse. Thus the creation of a powerful industry called Big Green.

Former Vice President, Al Gore, channeling his inner Chicken Little, has been squawking for the past 10 years that increasing CO2 levels will raise the earth's temperature, and if we do nothing, we are all going to die. If Gore had earned better than a D in his college Natural Sciences course, he would have learned that the real correlation between CO2 and temperature is exactly the other way around. Throughout history, when the earth's temperature warmed, CO2 levels followed -- but, wait for it -- often hundreds of years later!

But the truth isn't scary.

As absurd as it is, today's warming alarmists are completely ignoring the actual driver of temperature, solar activity -- and they are getting away with it. It does not seem to matter that the very foundation of their hypothesis has been disproven, their artificially manipulated computer models and scandalous emails exposed. When "global warming" started polling badly, they even renamed the movement "climate change," which covers them for any weather-related event. After all, the climate is always changing.

How can any self-respecting scientist allow this junk science to be peddled? Is research funding really so scarce that it's worth ignoring all previous climate data, defending intentionally false computer models and censoring peers who dare to disagree?

Until now, they have successfully silenced dissenting voices by doing what liberals do best, name calling and censoring.

Alarmists glorify reports from the increasingly political United Nations Intergovernmental Panel on Climate Change (IPCC). Allegedly, these reports have been reviewed by 2,500 of the world's leading scientists. However, Professor Paul Reiter, who has since resigned from the IPCC, disputes that claim, stating, non-scientists, reviewers and even government bureaucrats were used to pad the numbers. Reiter says scientists who disagreed with the findings found their names on the author list anyway, some resorting to legal action to have their names removed.

Former radical and co-founder of Greenpeace, Patrick Moore, said when Communism failed, sympathizers found fellowship within the green movement. They saw environmental activism as an alternative way to reach their socialist goals.

No wonder the "solution" to global warming is a massive carbon emissions regulation called Cap and Trade. Since CO2 is produced by all living things, MIT climate scientist, Dr. Richard Lindzen says "Controlling carbon is a bureaucrat's dream. If you control carbon, you control life."

Cap and Trade would result in what Senator James Inhofe calls "the largest tax increase in U.S. history." For years Inhofe has stood up to the climate bullies bent on distributing wealth to the undeveloped world courtesy of their American sugar daddy.

Liberals insist that the IPCC reports should be taken as gospel because they are peer-reviewed. As far back as

1996, Professor Frederick Seitz, former president of the National Academy of Sciences, denounced the misinformation released by the IPCC. In his Wall Street Journal op-ed, Seitz said: "I have never witnessed a more disturbing corruption of the peer-review process than the events that led to this IPCC report."

When fellow scientists are reluctant to publicly oppose you and the researchers most likely to get funded are the ones in bed with Big Green, you won't find much diversity among your peers. And that's just the way they like it. Remember, slave owners had peers too.

Christine Morabito is a resident of Haverhill and former President of the Greater Boston Tea Party. You can email her at christine.morabito@hotmail.com

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Ye Gay Ol' Valley

Redefining Marriage

D. B. Langevin
LESBIAN COLUMNIST
VALLEY PATRIOT PRESIDENT'S AWARD

Allowing same-sex marriage has not redefined marriage. Marriage has been redefined over and over and over again. It is constantly transitioning and to blame same-sex marriage on its redefinition is ignorant and shortsighted at best. Yes, marriage has been around for a long time, but it has not been what DOMA has defined it to be.

Marriage was not seen as necessary thousands of years ago. What I mean by that is, there was no legally or religiously mandated ceremony that a couple had to participate in when they decided that they needed each other to survive and made a verbal contract to do so. Marriage ceremonies were reserved for the rich and powerful and were made to strengthen alliances, increase wealth and ensure bloodlines. This meant that often times adult men were married to very young girls who could be their half-sister, cousin, niece or some other distant relative.

There was another interesting discussion on Facebook thanks to Tom Duggan about the definition of marriage due to some asinine judge granting a marriage between a woman and her mother's half brother. It seems to me this judge was following historically traditional forms of marriage. Even in the Bible there are several accounts of cousins marrying cousins. And yet somehow this judgment was linked to the allowing of same-sex marriage.

Advocates for 'traditional' marriage say that marriage is between one man and one woman. Do any of them read the Bible? This is their beloved text they thump to make their point sound more valid and pre-ordained by God. In reality, there are countess men in the bible who practiced polygamy: Abraham, Caleb, King David, Solomon and Moses just to name a few. That's only scratching the surface. How's same-sex marriage looking now? I would think monogamous and normal.

Marriage became monogamous some time back in the fifth or sixth centuries. This was when there was a major power struggle between kings and the Church. Kings argued that they should have the right to take on a second wife or more. Why not? It was okay for a plethora of men in the bible. The Church argued that they should not. Which surprises me considering the prevalence of polygamy in their Holy Book. Eventually the Church would win this argument so after about 5,000 years plus of polygamy NOW it's all about one man and one woman.

I will agree that the church believes that if a couple can procreate then it is their obligation to do so. However, if they cannot the church historically has not granted an annulment. With that being said the early church did grant annulments to marriages where the man was incapable of having sex with his wife. You go early church! You knew the important of sex. So, since same-sex couples can't procreate but can have sex their marriage is just fine.

In regards to 'monogamy', the rules were different for men and women. It was quietly accepted that men could and probably would practice infidelity, but it was shameful for a woman to do the same thing. Men's infidelity and wandering ways were actually protected or at the very least tolerated by law that did not treat women equally. This changed in the 19th century when laws started to become more equal for married men and women. These laws of equality really didn't kick in until about 45 years ago when the Divorce Reform Act of 1969 was passed. This allowed for no fault divorces. As a result, less than 20 years later divorce rates skyrocketed to 50%. I would say it is divorce that really redefined marriage.

Polygamist marriages, incestuous marriages, arranged marriages and marriages of all types have always existed. As stated earlier, it is out of sheer ignorance that anyone can blame same-sex marriage on opening the door to other types. Here you have centuries of historical fact that shows marriage has never really been between one man and one woman EVER. Even your wonderful Bible that so many use to mask their ignorance and falsely inflate their justifications, proves marriage has never been about that. Perhaps it is all of these other types of marriages that opened the door to same-sex marriage instead of the other way around. Now, class is dismissed!

Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at DaniBLangevin@aol.com

Beneath The Surface

A Repudiation of Liberalism?

Paul Murano
VALLEY PATRIOT EDITOR'S CHOICE AWARD

Although political conservatives are feeling relief after this month's election, it should not turn into satisfaction. The American people have not repudiated any party or philosophy on principle; it was rather the Republican's turn for the pendulum to swing in their direction. This pendulum has continued its back and forth swing since the Nixon administration, perhaps because people are dissatisfied with their own lives and project that on to their political leaders. However, many seem to believe that a "change" in politicians will bring them "hope" for a happier life. This "hope & change" phenomenon of modern politics is worth pondering, for it is clear that what is yearned for could not possibly be attained through political means.

The hope for politicians to be saviors, to bring happiness to unfulfilled lives, is strange but not new. The messiah-politician has resonated periodically throughout history in certain charismatic dictators; however, in the United States there have been two particular characters of the past half century that have mesmerized the masses and made them instant disciples. By pretty speeches, a manufactured image, and a false narrative created by the media thy became larger than life. With John Fitzgerald Kennedy it was "Camelot", and with Barak Hussein Obama it was the promise of a post-racial era. Both campaigned on "hope" and "change", and both represented the breaking of a glass ceiling - for Catholics in JFK and for black people in BHO. The excitement and hysteria for each was both irrational and contagious.

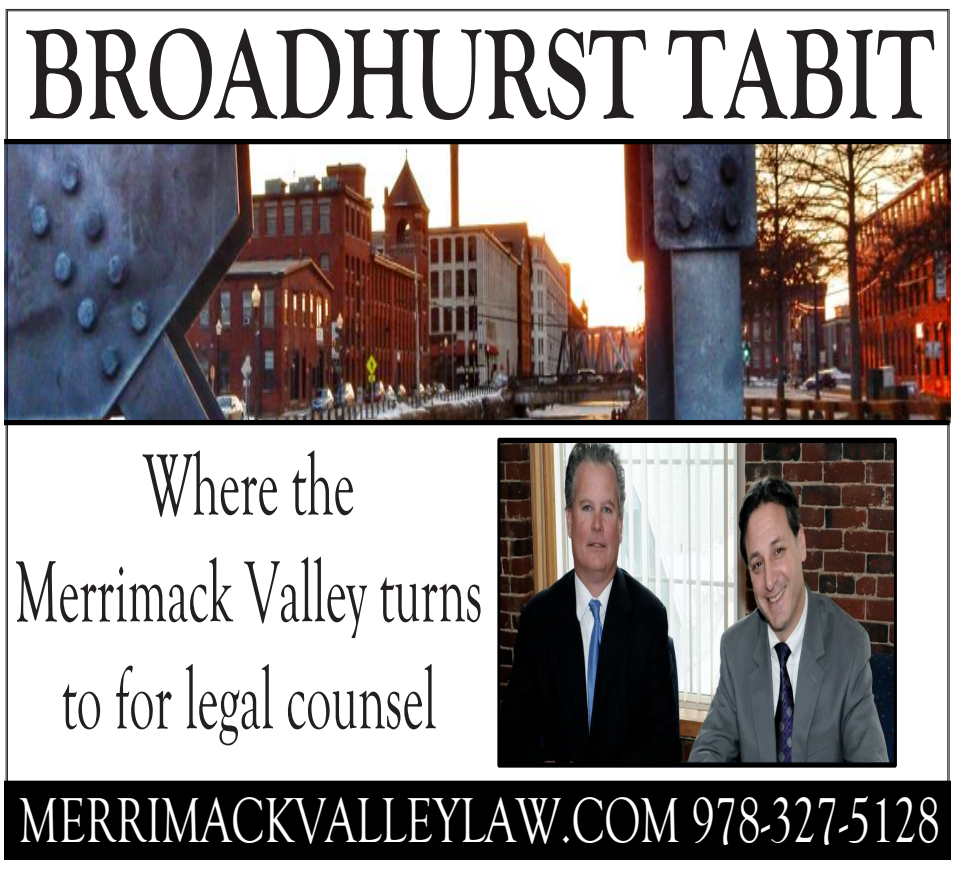
Why this phenomenon? Why do so many people unreasonably place their hope in politicians with such a religious fervor and assume there is a political solution to their own dissatisfactions? Why do so many fall for rhetorical wizardry and charismatic appeal, as if political leaders can bring meaning and happiness to their lives? And particularly, why is there such an underlying and universal hope for a Savior that will bring hope and change to a struggling life seeking fulfillment?

It is no secret that many people are lonely today, confused, and dissatisfied with their jobs, careers, marriages, and lives. Many harbor dashed hopes, broken dreams, and live with broken hearts. The hope for a savior is human, but the dream that it be a politician leader is foolish The nation-wide feeling that this country is sinking indicates a reality that cannot be fixed by legislative bills, court decisions, or pretty political rhetoric. We collectively and intuitively yearn for a paradise lost, and although we consciously focus on economic stagnation, we know deep down the economy is only a symptom of a greater problem much more profound.

No nation can have economic prosperity without strong families, which is its foundation. There can be no strong families without personal virtue, which means sacrificing for the common good and not compromising with the evils of the day. And there will be no virtue as long as people put their faith in an American 'Messiah' that promises material gain. Those who were caught up in the hype of JFK or BHO were following a dream that would always leave them dissatisfied. Hope always quickly dissipates while seeking earthly fulfillment through an earthly kingdom. As the great C.S. Lewis once stated: "Aim at heaven and you will get earth thrown in. Aim at earth and you get neither."

Politicians cannot bring happiness because most human problems are not fixed by political solutions. When the pendulum swings back to favor the Democrats we must remind ourselves of this. The culture must be changed, and this means the need for individuals to courageously challenge the false presumptions and false narrative the media & academia form us in from our youth. It means a renewed respect for human nature and a rejection of the subjective relativism that has stolen so many young minds today. To effect such cultural change individuals must change, beginning with redirecting the heart toward what is good and true. To quote another great Briton, in answering a reporter who had asked him to write a thorough account on what was wrong with the world today, author G.K. Chesterton responded back to him: "Dear Sir, I am."

Paul Murano teaches philosophy at North Shore Community College and Middlesex Community college, hosts "Beneath the Surface" radio on Monday nights 9-11pm, and co-hosts the Paying Attention! radio program with Tom Duggan, both on WCAP 980AM. Paul serves on the board of Heartbeat Pregnancy Help in Burlington, and is a singer/songwriter/musician. Email Paul at PJDM@aol.com.



SHEILA'S RECIPE CORNER

SHEILA MULLINS
VALLEY PATRIOT RECIPE COLUMNIST

My girlfriend Kathleen & I went out to dinner & I ordered an unusual version of Chicken Parmesan. It was quite good, especially for "restaurant food." I really liked the concept but wanted to up the flavour profile. Then, Jerry & I went to the MRFRS' annual Furball fundraiser & Jerry bid on & won a new kitchen gadget which sealed the deal for me working on this recipe.

The cool thing about the new gadget, a spiral vegetable slicer, is that it's pretty inexpensive & may even get the kids to eat their veggies! It's pretty simple to use & the younger kids can certainly work the device. It makes vegetable "spaghetti" which is fun! If one doesn't have such a gadget & doesn't want to purchase one, one can certainly make vegetable sticks by cutting the zucchini into long slices & then turn them flat & cut again into long slices to make straight vegetable "pasta." Either way, it works.

The thing that makes this meal excellent insofar as weekday evening preparation, is that it's an all-in-one meal with no additional sides truly necessary. Additionally, one can prepare in the raw state & simply place into containers the individual components ahead of time to then it's really just a matter of the actual cooking time. That makes dinner preparation a breeze!

Chicken Parmesan with Zucchini "Spaghetti"

Serves 2
Active time: 35 minutes*
Elapsed time: 40 minutes

2 plum tomatoes
1.5 T extra virgin olive oil
¾ t garlic powder
¼ t salt
1/8 t pepper
2 boneless skinless chicken breasts or thighs
1-1.5 T extra virgin olive oil
¼ t salt
1/8 t pepper
¼ t dried thyme
½ t garlic powder
1 t Italian seasonings
3 T total using some combination or one alone of grated parmesano reggiano, pecorino romano, &/or mozzarella cheeses
3 basil leaves, cut chiffonade, optional
2 small zucchini
½ t salt
Preheat oven to broil.

Halve the tomatoes lengthwise & then cut each half into thirds. Place in a smaller non-reactive bowl. Add the 1.5 T olive oil,

¾ t garlic, salt & pepper. Let this marinate while you prepare the rest of the parts.

Season the chicken with the oil first & then the salt, pepper, thyme, garlic powder, & Italian seasonings. Place on a non-reactive plate to marinate for a few minutes while you prepare the zucchini.

Cut the ends off the zucchini. Either use the spiral slicer according to directions or cut in half lengthwise slices about ¼" thick. Cut the slices into lengthwise slices also about a ¼" thick.

Broil the chicken until it registers 155°F internally. Sprinkle half of the cheese on each piece of chicken & return to broiler until chicken registers 160°F internally. Remove from heat & cover with foil for 5 minutes.

While the chicken is cooking, place the tomatoes in a smaller roasting pan or an aluminum pie plate & place under broiler until edges start to brown, about 5-7 minutes. Set aside.

Place into a Dutch oven with a colander enough water to just cover the bottom & then some & not come into the colander. Season the zucchini with salt. Boil water, place zucchini in & cover the pot & let it steam the zucchini for about 2-3 minutes or until the zucchini is "al dente." Otherwise, place zucchini into a microwave safe bowl & microwave on high for 2-3 minutes or until zucchini is "al dente." (Time for zucchini in microwave may vary depending upon the power of the microwave.)

Plate the zucchini, top with the tomatoes, then the chicken. Add basil chiffonade, if desired.

*using spiral slicer, add 5 minutes for manual "pasta" making

Recipes are created by Sheila Mullins. Sheila lives in Newburyport & is a personal cook. She can be reached at Sheila_A_Mullins@hotmail.com & she looks forward to hearing from you.

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TV TALK WITH BILL CUSHING

The West Wing: A Look Back at TV's Best Political Drama

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

November is election month, and it made me think of TV shows that dealt with the political arena. There have been quite a few. Commander-In-Chief, Scandal, House of Cards, and on the comedy side, we've had Spin City, and Veep, among others.

But, in my opinion, the conversation begins and ends with The West Wing. The series was created by Aaron Sorkin, and ran on NBC from 1999-2006 for 156 episodes. It centered on the lives of the President's senior staff and primarily took place in the West Wing of the White House during the fictional administration of President Josiah Bartlet.

The show boasted one of the greatest ensemble casts in television history. John Spencer played Leo McGarry, Chief of Staff. Rob Lowe played Deputy Communications Director, Sam Seaborn; Bradley Whitford as Deputy Chief of Staff, Joshua Lyman; Richard Schiff as Communications Director, Toby Ziegler; Alison Janney as Press Secretary, CJ Cregg; Dule Hill as Charlie Young, Personal Aide to the President; Janel Maloney as Donna Moss; and Stockard Channing as the First Lady, Abigail Bartlet. Martin Sheen was perfectly cast as President Josiah Bartlet.

Originally, creator Aaron Sorkin hadn't intended to feature the President at all. The show was meant to center on the President's senior staff with the President just making an occasional appearance. But producers were so impressed with Martin Sheen's performance, they decided to make the President part of the main cast.

The West Wing premiered September 22, 1999 on NBC. Over its 7 seasons on the air, The West Wing earned 26 Emmys, including the award for Outstanding Drama Series for 4 straight seasons (2000-2003). The show was never a ratings giant, but gained critical acclaim for its realism, its superb writing, and its stellar cast. Former White House staffers praised the show for capturing the real feel of The West Wing of the White House. The series had many former Washington insiders and former White House employees on its staff of writers and consultants, which gave the show its realistic portrayal.

If you were a political or news junkie, as I am, you couldn't help but be riveted by The West Wing. From its aforementioned realism, to its tackling of real world issues such as 9/11 and The War on Terror, the series kept viewers glued to their TV's. While the series was occasionally criticized for making characters too morally pure, it was that characteristic that attracted many viewers. People wanted to believe that their government could be that way, and that their President could be like President Bartlet. Right from its patriotic opening music, you couldn't help but feel proud to be an American while watching The West Wing, while at the same time, respecting the people that run our government and how hard that job can be.

The heart and soul of the show was Chief of Staff Leo McGarry, played by John Spencer. McGarry was a recovering alcoholic and lifelong friend of the President who convinces then NH Governor Bartlet to run for the Democratic nomination in the 2000 Presidential Election. Spencer died in the early part of the shows 7th and final season. His death was written into the show when his character, who was now the Vice Presidential nominee, died of a heart attack. Spencer won an Emmy for his role in 2002.

I really can't do the show justice in the space I have here. If you love political drama, and you haven't seen The West Wing, it is available to stream on Netflix. In my opinion, this series has to be in the discussion of the top 10 drama series of all time, do yourself a favor and check it out. Trust me, you won't be disappointed.

Do you enjoy my columns? I'd love to hear from you. Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

Follow Bill on Twitter @TVNewsandNotes and on Facebook at TVNewsandNotes for daily up-to-the-minute TV news.

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FROM PAGE 5: EASY WIN FOR DIZOGLIO

part," she admitted. "If they wanted to attack me on real votes, on mistakes that I've made that's all fair game, but they were just making things up. There are real veterans out there who read that their state represented thinks more highly of illegal aliens than their service to their country and that has to be hurtful. It was a tough campaign, but in the end, the voters saw through the deceptions and now it's back to work."

A LONG ROAD TO NOVEMBER

Before being re-elected earlier this month, DiZoglio first had to overcome the betrayal of Methuen Mayor Steve Zanni in the September primary. Zanni put up his mayoral aide Phil DeCologero to run against DiZoglio and campaigned hard to defeat her. The theme of the Zanni/DeCologero campaign centered around attacking DiZoglio's honesty and claimed she had betrayed the public trust.

Diana DiZoglio defeated Mayor Zanni's candidate, Phil DeCologero by a 7 to 1 margin in Methuen. DiZoglio also defeated primary candidate Oscar Camargo.

Both Camargo and DeCologero endorsed DiZoglio and worked hard to get her elected in the November final against Rosemary Smedile.

Methuen Mayor Steve Zanni did not help DiZoglio after the primary.

Health Care Rationing and the Politics of Hepatitis C

Dr. Frank MacMillan, MD
VALLEY PATRIOT MEDICAL COLUMNIST

Back in April, I wrote about anticipated new treatments for Hepatitis C viral infection. The first all-oral treatment was FDA approved on October 10, with additional new medications expected before this year's end. These new medications not only treat, but they actually cure Hepatitis C in almost everyone who takes them as directed, often in as little as 8-12 weeks. This should be cause for celebration. But not everyone is celebrating.

This medicine is very expensive, and I will say with certainty that the insurance industry is looking at ways to deny or delay access to this disease ending and life saving treatment. Expensive, overpriced, price-gouging are words often heard in these discussions. While there is no doubt that the medication is expensive at $1000/day, the infection is cured at a cost of $56,000 to $180,000 depending on how advanced the disease is. As shocking as those numbers sound, they are hardly out of range for cancer care, joint replacement, organ transplant, major surgery or a major hospitalization in the intensive care unit.

Consider that there is a stigma associated with Hepatitis C infection. Hepatitis C is a blood born virus infection. Common ways the infection is acquired is by blood transfusion, tattoo, intravenous drug use, and nasal cocaine use. Many people do not recall behaviors that could have put them at risk. For this reason, the US Preventative Health Services Task Force now recommends universal screening of all adults born between 1945 and 1965. In some cases that I see, a long ago lapse in judgment occurring in their teens or twenties has left a lifelong reminder of that indiscretion and serious health consequences. There is a feeling among some that those who have the infection somehow deserve it and do not deserve care or our concern. This was also exactly the situation in the early days of the HIV epidemic. Very quickly political pressure built to de-stigmatize HIV infection. Highly effective treatments were soon available that changed the disease from a death sentence to a chronic condition that can be treated and lived with. These HIV medications are also not cheap, and it is necessary to remain on them for life. The cost adds up over time. With Hepatitis C treatment, there is no need for maintenance treatment. It's a "one and done." Could it be because of the stigma associated with Hepatitis C infection, that the insurance companies think they can get away with rationing access? I don't know for certain, but I have concerns.

The treatments may be new, but the people who I take care of have had the disease for many years if not decades. They have been waiting patiently for effective and tolerable treatments. The doctors who care for patients with Hepatitis C are also working tirelessly on advocacy for those who suffer. Patients who need treatment should not quietly accept denials of payment by their insurance companies. They should appeal at all levels, write letters, work with their employee benefits managers, and pull all political levers to be sure that no one who has been paying insurance premiums for health coverage is denied effective treatment because of prejudice or stigma related to this illness.

Our country spends a lot of money on health care services; some of it is of questionable benefit. Where we spend our money is also in part driven by political considerations. Perhaps people with Hepatitis C are considered insufficiently deserving of our attention. Unfortunately, that is the attitude of some folks. The reality is that people from all walks of life get Hepatitis C, and they are no better or worse than the rest of us. When so called non-profit insurance companies, who have no problem spending millions of dollars on executive compensation, luxury boxes at sporting venues and political lobbying, can get away with denying or delaying effective treatment because of perception of cost and the prevailing stigma associated with Hepatitis C infection, they deserve to be called out on their bad behavior. Curing Hepatitis C stops the spread of the infection, relieves suffering, and restores health. For me, that's the whole reason we do what we do. It's money spent once, and money well spent.

Dr. MacMillan specializes in Gastroenterology and Liver disease and is a member of the North Andover Board of Health. He practices at Holy Family Hospital and currently serves as President of the Massachusetts Gastroenterology Association. Dr. MacMillan was recently reelected as Massachusetts Governor of the American College of Gastroenterology and is a Fellow of the College.

Physicians Harm Patients to Avoid Being Denounced as Disruptive

Bharani Padmanabhan, MD
VALLEY PATRIOT MEDICAL COLUMNIST

Most patients assume that physicians protect the patient's interest come what may. In the US sadly that isn't realistic, though that standard lasted longer here than elsewhere as physicians were independent, professionally and economically, and did not need outside referrals to treat patients.

In Germany and Austria in the 1930s-40s, physicians quietly complied in the routine murder of their patients on a daily basis. There were always exceptions - physicians who did not feel a great need to belong to some group - such as the "disruptive" Dr. Hans Creutzfeldt who saved almost all his patients from routine murder in hospitals. In 1959 he even unmasked murderous psychiatrist Dr. Werner Heyde's second career as Dr. Fritz Sawade. We never ever celebrate the "disruptive" Dr. Creutzfeldt because that would cast a light on the rest. If he could, the rest could have too.

Dr. Mengele's family supported him till 1979 with the rationalization that he had carried out Dr. Verschuer's experiments at Auschwitz only because his boss, Dr. Verschuer, had said he would retain his job in Berlin if he quietly complied without being "disruptive." The vast majority of physicians now employ the same rationale to justify their quiet compliance. The job and salary are always more important than the patient.

In forward-leaning progressive Russia, physicians worked for the government and quietly complied. Psychiatry as a field existed solely to silence truth-tellers, and murder dissidents. The few physicians who put their patients first were thrown out of medicine and into prison. The trial of Dr. Mikhail Stern is the only one we have full details for because his sons smuggled a cassette recorder into court.

When NYPD wanted whistleblower Adrian Schoolcraft thrown into a locked ward to crush him, Jamaica Hospital psychiatrist Dr. Isak Isakov displayed no professional independence and quietly complied without being "disruptive." He imprisoned Schoolcraft until the NYPD itself approved the release. Smooth teamwork.

Patrolman Schoolcraft had two tape recorders recording NYPD Chiefs kidnapping him from his bedroom. NYPD found one and stole it. Happily, the second survived. Schoolcraft can be heard asking - "What is this, Russia?"

In Massachusetts, we cannot tape even our own kidnapping thanks to the progressive Pro-Corruption Statute, euphemistically referred to as the Wiretapping Statute. Had Carmen Segarra worked at the Boston Fed instead of the New York Fed, she would be in prison now.

Complaining about massive neglect of patients is "disruptive." When I was an Intern at the Boston VAMC the nurses had left an old veteran patient sitting in his urine and stool for 8 hours. The Intern in charge of that patient responded with an order - "Please do not let patients sit in their urine and stool for more than 4 hours." He was denounced as "disruptive" and threatened with banishment from medicine.

Last year, the Brockton VAMC fired a "disruptive" physician for complaining that a patient had been in the psych ward for 8 years without ever being seen by a psychiatrist. The "disruptive" physician was the only one fired.

There has been a huge effort to ensure quiet compliance by physicians even in the private sector, through relentless denunciations by Harvard's Dr. Lucian Leape and his progressive comrade Sir Donald Berwick against "disruptive behavior."

Complaining about Medicare fraud is "disruptive." Reporting major errors by the hospital's leadership is "disruptive." Physicians who do are denounced as mentally ill and reported to the State Board. Just as in progressive Russia.

The Massachusetts Board of Registration in Medicine, run by political appointees and government doctors with a vested interest in quietly complying, is wholly incapable of standing up for the common people and has proved this repeatedly by serving exclusively as the hospitals' handmaiden. The Massachusetts Board has even ignored the attempted murder of a patient by Dr. Leape's Cambridge Hospital.

The atmosphere engendered in the US by Harvard's Dr. Leape and Sir Donald, of quiet compliance under threat of denunciation as "disruptive," led directly to young Justina Pelletier being locked up in Children's Hospital for 11 long months for no real medical reason.

Think of all those quietly compliant Harvard students, residents, fellows, tenured professors and progressive Child Psychiatrists who walked past her everyday (2013-14) and said nothing, thus avoiding being denounced as "disruptive." The only folks inside Children's who helped were the parents of other children in the ward who couriered messages in and out, Samizdat-style, just as in progressive Russia.

The ONLY physician who spoke up for the child, the "disruptive" Dr. Mark Korson, was driven out of medicine last

PHYSICIAN: NEXT PAGE

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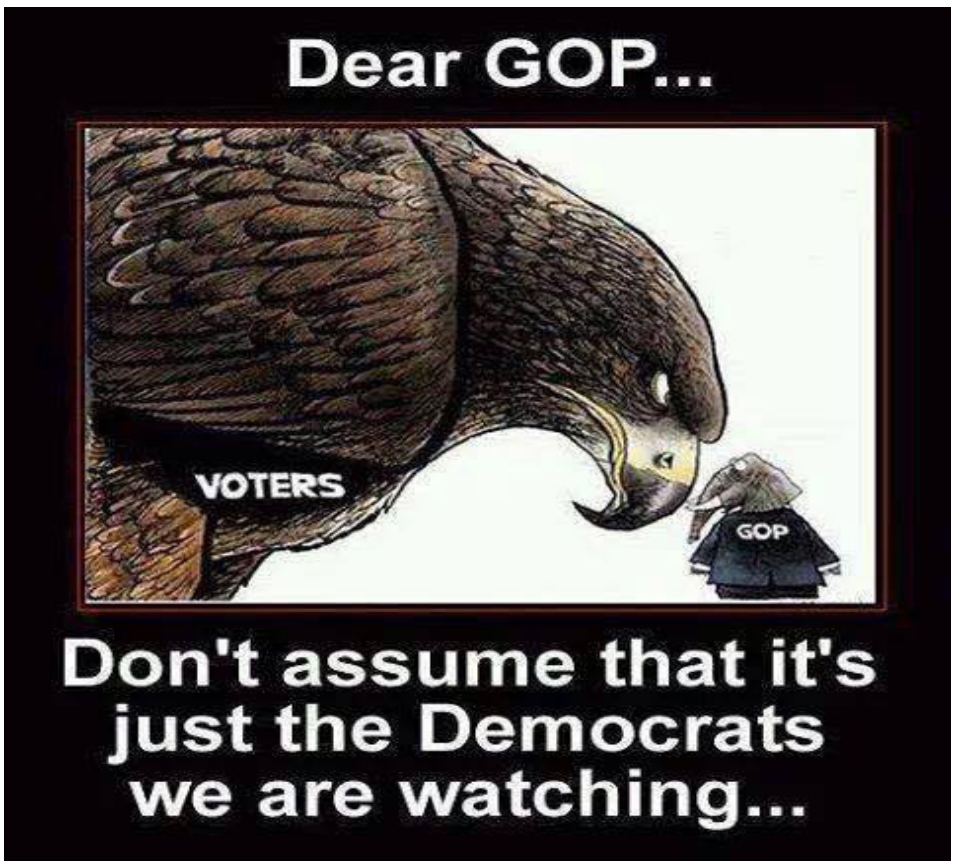

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MCGRAW FROM PAGE 23

are registering in an Unenrolled status has increased over the past 20 years.

Campaign finance is inequitable as well for Independents in the Governor's race. Republicans and Democrats can receive up to $15,000 from each person while Indies can receive just $1500. Super-PAC money, much of which originates from out of State, pays for the advertising on the MSM for candidates within the 2 Party system. This creates leverage with the media to include only the candidates of the 2 Parties. We know that 95% of all TV stations are owned by just 6 Media corporations, and, as we discussed, Corporations are people, money is speech, according to the SCOTUS. These six 'corporate' (artificial) persons and their corporate advertisers have a deafening effect on less well-funded voices, including the almost 7 million human (natural) persons in MA. The "consent' of voters seems as if it is being "manufactured" by the MSM in these ways. This process passes for the 'popular vote' which supplanted the vote of the legislature before 1913 for Federal Senators.

I am appalled at the inordinate power of just 2 corporate persons, the GOP and Dems, 6 artificial 'persons,' the MSM, and those Super PAC corporate 'persons' who fund them with millions of out-of-State advertising dollars. Are justice and liberty represented in MA for the nearly 7 million 'natural' human 'persons' in the Commonwealth and all 3rd Party Candidates? Do we really have the freedom to choose? Are these fair elections? If our elections are not fair and just what happens to the political process as a whole with such a foundation? How can our noble founding ideals which we hold so dearly, Creator given/designed into our very nature, be protected by human governments legislatively? It would appear that the distinction between 'artificial' and 'natural' persons has been lost in government. 'Artificial' persons do not have souls and can not respond to a Creator nor can their governments, human natural persons certainly can though. :(

I'm amazed.

Dan McGraw lives in Haverhill, has his doctorate in Human Services, administers a Facebook discussion page, and hosts Perspectives at HC Media

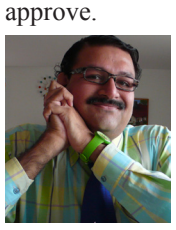
PHYSICIAN FROM PAGE 28

month while still in his 40s. A clear example for the others, just as in progressive Russia.

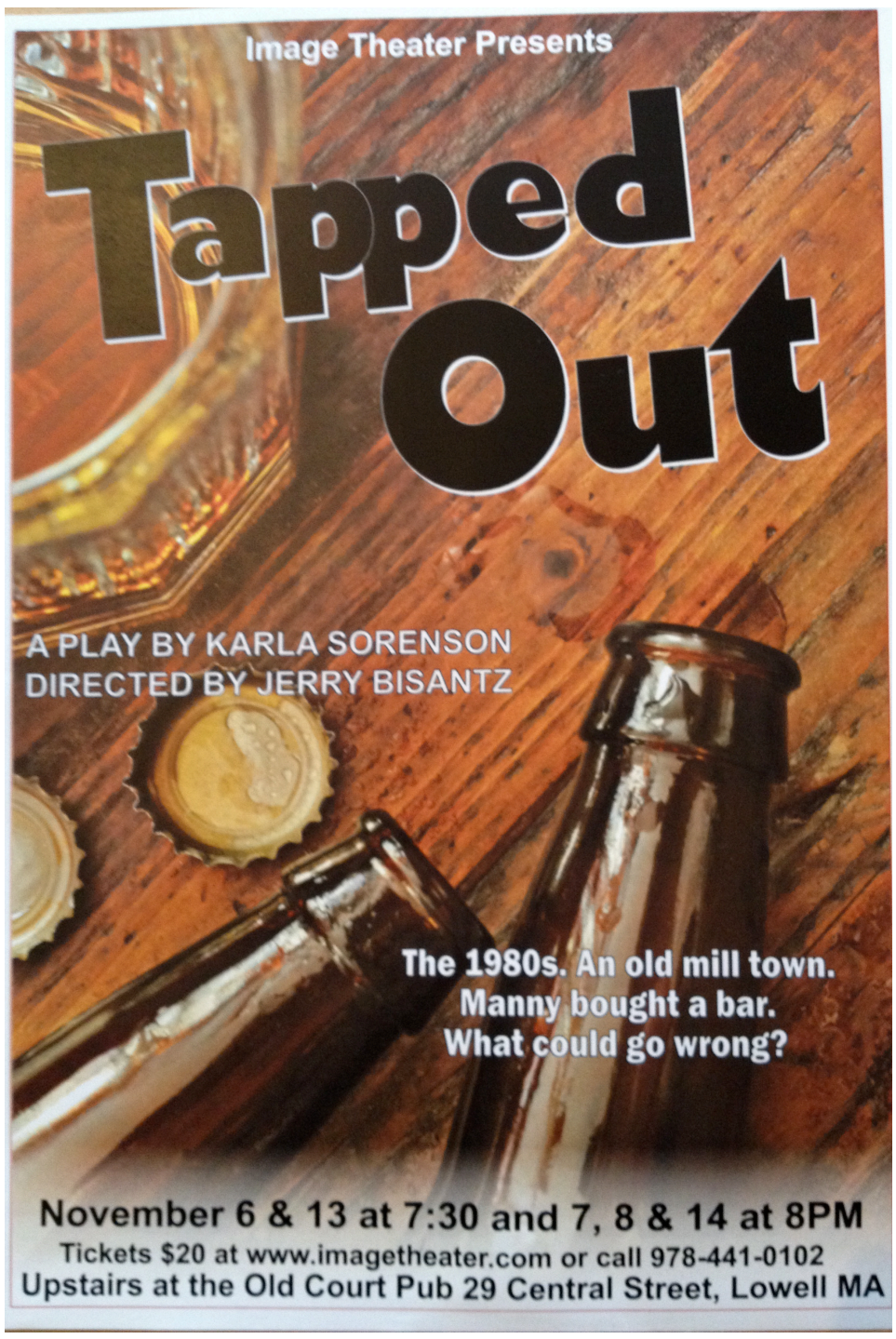
Academic tenure with guaranteed pensions is undeniably insufficient to stiffen the spine when the very real threat of persecution and exile, through the Massachusetts Board of Registration in Medicine under color of law, FORCES physicians to violate the Hippocratic Oath.

That is the true worth of the Massachusetts Board of Registration in Medicine.

Protecting patients is very "disruptive." A whole generation of Harvard students and residents shall quietly comply for life, having learnt to not be "disruptive." What a resounding success for Leape's Lysenkoist denunciation of "disruptive behavior." The Nazis and the Soviets fully approve.



Bharani Padmanabhan MD PhD is a neurologist and specializes in Multiple Sclerosis in the Boston area. scleroplex@gmail.com



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NOTEBOOK: FROM 11

"Getting a Good Night's Sleep"; "How the Medical Laboratory Works to Keep You Healthy"; "Dental Health"; "How Reiki Heals You"; "Domestic Violence"; "Privacy & Security of Electronic Health Records"; "Lung Health"; "X-Ray Imaging Modalities"; "Phlebotomists – We're so Vein"; "Conjunctivitis"; and "Who Says Medical Coding Isn't Fun?".

A highlight of the fair will be the tours of the new Dr. Ibrahim El-Hefni Health & Technology Center, 416 Common St. in Lawrence. Visitors will be able to see the state-of-the-art equipment available to NECC health students.

In addition, there will be a spokesperson from the New England Organ Bank discussing the merits of enrolling to be an organ donor; a reiki master will be available to demonstrate this alternative therapy; and Rite Aid will be administering flu shots to individuals who present health insurance cards.

All individuals who visit all tables and complete their 'raffle cards' will be entered in raffles for various wonderful prizes.

For additional information contact Linda Comeau at lcomeau@necc.mass.edu

Northern Essex offers associate degrees in a number of health related fields including

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Through iHealth@NECC associate degrees are offered in Business Management: Healthcare Practice, General Studies: Health Specialization, Health Information Technology, Medical Laboratory Technology, and Nursing Advanced Placement: LPN to RN. Certificates are offered in Electronic Health Record Specialist, Healthcare Technician, Medical Assistant – Evening Program, Medical Billing, Medical Coding, Medical Office Assistant, and Ophthalmic Assistant. Certificates in are available in Advanced Cardiac Life Support and Pediatric Advanced Life Support.

TOPSFIELD - Silent Auction to Benefit Rescue Horses November 21st at Willowdale Estate in Topsfield

The beautiful Willowdale Estate will be the venue for the 6th annual New England Equine Rescue - North's (dba NEER North) Silent auction to benefit horses in need.

Think holiday gifts as you bid on great items such as a team signed Bruins jersey. Bruins loge tickets for 4 along with a "high five" certificate to meet the team. Signed Red Sox baseball, artwork from local artists, jewelry, gift certificates to salons and restaurants, Attorney certificate for will services, Golf packages including Turner Hill, and so much more.

Follow on facebook https://www.facebook.com/neernorthplace?ref=hl ;

Tickets available on our website at www.neernorth.org

GIRLS' FALL BALL ROLE MODELS

The Merrimack Valley Girls' High School Fall Basketball League is more than just basketball. Recently, the coaches from the league were asked to nominate an individual on their team who they believed was worthy of recognition for contributions to their school, team, family, and community. The Fall Ball League believes that a Student Athlete's contributions off the court are just as important as on the court. The following Student Athletes were recognized at this past weekend's first round of playoff games at Presentation of Mary Academy in Methuen.

Colleen Caveney from Andover High School is a top student and did extremely well on her SATs. Colleen not only thrives academically, but she is also one of the top golf players in the MVC and competes against the boys. She has done numerous community service projects including Hoops for High Tech and many others.

Leah Chittick from North Andover High School was the sole senior on the court for the last couple months of Fall Ball for the Lady Knights. She took on a large leadership role for the team and has done a great job mentoring the younger players. Leah gives back to the youth athletes in North Andover by spending time working at youth soccer, basketball and lacrosse clinics whenever she gets the opportunity. Leah is a true promoter of Knight athletics at every level.

Patricia Blumeris from Chelmsford High School is one of the senior captains on this year's Lady Lions hoop team. She is also captain of a very successful girls soccer team at CHS. Patricia has a strong GPA and ranks very high academically in her senior class. Patricia is secretary of the National Honor Society and part of the French Honor Society. She also volunteers at soccer camps and coaches in Chelmsford's Youth Basketball League.

FINOCCHIARO DOING THE IMPOSSIBLE

Of all the bizarre things that happened in the 2014 election season, Jessica Finocchiaro takes the prize for bringing together longtime foes, former Methuen Mayors Bill Manzi and Sharon Pollard at her campaign fundraiser. And while Jessica may not have won her bout for state senate she did prove that she has what it takes to bring people together for a good cause. We are hoping Jess runs for city council or school committee next year. She currently sits on the Tech Board in Andover representing Methuen.

Congratulations to these three terrific female Student Athletes for having an impact on and off the basketball court.

LAWRENCE - THANKSGIVING FOOD DRIVE - A $50 donation will help the Greater Lawrence Community Action Council, Inc. to provide a Thanksgiving dinner to a struggling family as part of the agency's 3rd Annual Thanksgiving Food Drive. GLCAC is appealing to Greater Lawrence businesses and residents to donate and surpass the goal of 100 dinners provided to low-income families. Last year's food drive distributed 72 Thanksgiving food baskets to the neediest families in the GLCAC's programs. "In these challenging times, the need increases every day. For many families, this food drive saves them from deciding between paying a utility bill and putting food on the holiday table," said Evelyn Friedman, Executive Director of the GLCAC, an anti-poverty agency that serves 29,000 low-income, vulnerable individuals annually.

For a family of 4 to 6, the cost of a Thanksgiving meal is about $50. GLCAC is asking Lawrence area businesses and individuals to consider donating $50 to $250 in the form of a check payable to GLCAC Inc. or a gift card to a local supermarket. Donations can be made up until Monday, November 17, in order for delivery by Friday, November 21.

The GLCAC provides education, health, nutrition, energy services and more to residents in Methuen, Lawrence, Andover and North Andover. Entering its 50th year, GLCAC encourages and promotes the improvement of life for low-income residents as they strive to achieve self-sufficiency for themselves and their families. For more information on the Thanksgiving food drive and to make a donation, please contact Tracey J. Chalifour, Director of Development and Planning, at 978-620-4706 or at tchalifour@glcac.org. Donations may be made directly at https://donate.glcac.org.

THE 1ST BOOK SIGNING OF MOONLIGHT MONTECRISTO

John MacDonald, Author of Moonlight Montecristo announces his first book signing. Saturday December 13th at the Athenian Corner in Lowell, MA. The new thriller, Moonlight Montecristo, is available as an e-book and has just been released on paperback. Available on Amazon, Barnes and Noble, Author House, iTunes and other e-book retailers. Order your copy today! Copies of Moonlight Montecristo will be available for purchase on December 13th and will be a great holiday gift! Feel free to bring previously purchased copies for signing. Mark your calendars for Saturday, December 13th from 2pm - 4pm at Athenian Corner - 207 Market Street, Lowell, MA 01852

NORTH ANDOVER STUDENT INDUCTED TO NATIONAL HONOR SOCIETY - A local student was inducted into the National Junior Honor Society at Austin Preparatory School in Reading on Oct. 20.

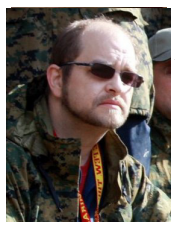
Seventh-grader Elizabeth Boucher of North Andover was among the 18 students selected for induction into Austin Prep's chapter of the NJHS. The inductees were ushered in during a ceremony in the school's Chapel of Saint Augustine. After, the students and their families celebrated their accomplishment during a reception at the school.

IMAJINE THAT RECEIVES $92K IN GRANTS FROM STATE - Imajine That, a pioneering children and family learning center in Massachusetts, was recently awarded a $92,000.00 Labor and Workforce Training Fund Grant. Continuing the Patrick Administration's strategic investments in workforce training, Labor and Workforce Development Secretary Rachel Kaprielian announced $8.2 million in Workforce Training Fund grants during a visit to United Parcel Service, Inc. (UPS), a grant recipient. The grants, awarded through Commonwealth Corporation, will enable 72 companies across the state to provide customized training for 5,196 employees and create 568 new jobs over the next three years. Two million in grants will support a new pilot program to expand regional training capacity to meet the needs of small businesses.

"The Workforce Training Fund is one of our most effective initiatives for supporting businesses in meeting the demands of a highly competitive regional and global economy," said Secretary Kaprielian. "We have seen many companies succeed thanks to retraining their workers and we look forward to more companies, especially smaller firms, growing and excelling by investing in the Massachusetts workforce."

This latest round of Workforce Training Fund grants builds on the Patrick Administration's record of investment in workforce training and education. Since 2007, the Administration has awarded $90.5 million through this grant program to 1,167 projects involving more than 1,300 businesses and 108,780 workers.

Imajine That is honored to receive this grant and they are looking forward to offering all of their staff an opportunity to learn new skills, techniques and certifications funded by this grant. These trainings will begin next month to support the professional development plans that the Imajine That staff members currently have in place.



Tom Duggan is the publisher of The Valley Patriot, a former Lawrence School Committeeman, and hosts the Paying Attention! Radio Program on WCAP, 980AM, every Saturday from 10am-noon. You can email your comments to valleypatriot@aol.com .

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Shawn Hansen's Sports Corner GBSCC 29

Coming to the 29th Annual Greater Boston Sports Collectors Club autograph show, Roberto Alomar, who played 17-Years of Major League Baseball between seven different ball clubs said he thought it was great to be in Wilmington.

"It's always great to come to the shows and to see different ballplayers, see some of the guys you played against, some of the guys you played with and its always fun to be here and to be surrounded by the fans," said Alomar.

Being on the 11:00 a.m. – 12:00 p.m., Alomar said he was most excited to see Dave Roberts because they played together in Cleveland. "He was one of my good friends," said Alomar. "I haven't seen him in I believe over 15-Years so it was nice to see him."

As a fun fact, Alomar's brother and father (both named Sandy) played in the MLB and all together they played baseball for a combined 52-Years for 13 different teams as they all wore a Chicago White Sox and New York Mets clubhouse at one point.

Tim Wakefield, who is the second most winningest pitcher on the Boston Red Sox with 186 wins behind Roger Clemens (192) said, "I just love to be able to reminisce" when asking him how he feels of being at the autograph signing. "You have a lot of guys from the '04 team here and are hearing a lot of positive comments from the fans here."

Working currently as an analyst for NESN and an honorary chairman for the Red Sox Foundation, Wakefield said he enjoyed his time going to the postseason with the Pittsburgh Pirates before losing to the Atlanta Braves in 1992.

"It was fun to get that experience under my belt," said Wakefield.

Tom Glavine who grew up in Billerica and played 17-Years for the Braves from 1987-2002 and 2008 went 244-147 with the Tribe as he went 61-56 with the New York Mets between the years of 2003 and 2007. He struck out 2,091 batters in Atlanta and 516 in New York.

Saying it was great to be home to see family and friends, when speaking of being inducted into the Baseball Hall of Fame this past summer he said, "My top three games was my first win, winning the World Series in 1995 and my last game."

Orlando Cabrera of the 2004 Red Sox said, "Besides beating the Yankees, it was winning the World Series.

The show was a great event as always and brought sports fans of all ages to the Wilmington Shriner's Auditorium at 99 Fordham Road in Wilmington. A funny thing is Ric Flair charged $40 for anyone to take a picture of him and $50 for an autograph.

For more information about the GBSCC, go to www.gbscc.com. For Sure Shot Promotions, join their Facebook fan page at www.facebook.com/pages/Sure-Shot-Promotions/254988434058?fref=ts, go to their website at www.sureshotpromotions.com, call 1-781-754-0063, 1-781-290-6008, fax to 1-781-294-9217, or write to P.O. Box 158, Hanson, MA 02341. For the pricing of each athletes autograph go directly to **http://gbscc.com/?page_id=305.**

Shawn Hansen is a Full Time Real Estate Agent at CENTURY 21 Advance Realty out of Medford so if you are looking to Sell your home, Buy a home or Complete Both Transactions call Shawn Hansen today at 1-978-621-6763 or send an email to shawnhansen@c21advance.com. If you don't have any Real Estate needs now, hold on to his contact information and give it to your family member, friend, colleague or someone you overheard while out and about talking about Selling a home, Buying a home or Completing Both Transactions.

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DECEPTIONS FROM PAGE 7

homes.

Both Rosemary Smedile, a Republican candidate for State Rep. (North Andover) and Shaun Toohey, a Republican candidate for State Senate (Haverhill) cited information from MFA during a League of Women Voters Debate, claiming their Democrat opponents voted against lowering the sales tax to 5%.

"I brought a copy of my voting record, I will be happy to pass them out to anyone who wants to see the truth for themselves," State Rep. Diana DiZoglio (D) said after being accused by Smedile of voting against lowering the sales tax.

"They are just lying," DiZoglio said after the debate. "I wish someone would expose the actual votes we took. I voted to lower the sales tax to 5%. Anyone who says anything different is just not telling the truth, it's very black and white," she charged.

"I voted to require photo ID on EBT Welfare cards, and I voted against raising the gas tax. I think anyone who knows me and knows what I stand for, knows how I vote."

State Senator Kathleen O'Connor Ives took a more nuanced approach to the issue telling The Valley Patriot that Toohey's claim that she voted against lowering the gas tax and sales tax were "incorrect", adding that she prefers to talk about her actual record in the Senate "without the distortions of third party, special interest groups," obviously referring to MFA.

THE SALES TAX VOTES

There were two votes in the legislature regarding lowering the sales tax to 5%.

Republicans in the State Legislature introduced a measure to lower both the sales and income tax at the same time. A "yes" vote would have lowered both sales and income tax to 5%. A "no" vote would have left the sales and income tax at their current rates.

While it is true that Representatives DiZoglio, Garry and Campbell (among others) voted against this bill, their "no" vote does not tell the entire story and was purposely used to mislead voters.

THE FOLLOW UP VOTE

After the Legislature's vote to lower both income and sales tax failed, a separate bill was introduced to lower the sales tax to 5% as a stand-alone bill without the income tax being included.

On that bill, Representatives DiZoglio, Campbell, and Garry all voted "YES" to lower the sales tax to 5%. But, that was never noted on the Mass. Fiscal website or fliers that went to voters homes during the election.

"If they want to criticize me on something I actually voted for or against I have no problem with that," DiZoglio said. "That's fair game, we can have a conversation on those issues and the voters can decide for themselves. But, when the record is distorted by half truths, that is just disrespectful to the voters who deserve the truth about where everybody stands."

DID DEMS VOTE AGAINST GIVING PREFERENCE TO VETS?

Another claim against DiZoglio and other Democrats by MFA was that they opposed giving preference to veterans over illegal aliens when applying for public housing.

"Rosemary Smedile and MFA are sending out mailings saying I voted against giving preference to veterans over illegal aliens for public housing. That is just false," DiZoglio said frustratedly, just a week before the election.

"I took a vote to require social security numbers for anyone looking to obtain public housing. That basically excludes illegals from getting public housing. That was the only up or down vote that ever

SENATOR KATY IVES (D)

came before us."

DiZoglio says that there was a vote at one point to take up an amendment that was out of order. She says she voted against taking it up until it could be properly filed.

"But, they never brought that back for a real vote following the proper procedure. The only up or down vote that was ever offered regarding that issue was to require social security numbers for public housing and I voted yes."

DEMCORATS DECEIVE ON TAXES, BALLOT QUESTIONS

Neither Democrats nor Republicans have a monopoly on lying to get elected this year. Democrat leaders on Beacon Hill were lobbying voters to oppose Question #1 which repealed the automatic gas tax increases which was voted on by the legislature last year.

Democratic Party leaders on Beacon Hill said that the gas tax was "indexed to inflation" and will increase as inflation increases. What they did not tell the public is that if inflation goes down the gas tax will not go down, meaning it really isn't indexed to inflation it would have perpetually increased.

VOTING AGAINST RAISING THE GAS TAX

Another charge by MFA and the Republicans they supported this year was that area Democrats voted to raise the gas tax.

"I voted against indexing the gas tax to inflation," Says State Senator Kathleen O'Connor Ives (D-Newburyport). "I voted against raising the gas tax every single time it came up," she added.

Representatives DiZoglio and Garry say they also voted against raising the gas tax, but that Massachusetts Fiscal Alliance and their Republican candidates mislead voters on that issue too.

Roll call votes obtained by The Valley Patriot show DiZoglio, Ives, Garry and others did, in fact, vote against raising the gas tax and indexing it to inflation.

While MFA and Republicans admit the record shows that these Democrats voted against raising the gas tax, they also say that by overriding the Governor's veto of the transportation bill (which contained the gas tax hike) they effectively allowed the gas tax to move forward and become law despite their previous votes.

This was the only gray area where MFA actually had a legitimate claim from a conservative point of view. Democrats who voted against the gas tax and then voted to override the Governor's veto said they felt like they had no choice.

"I voted to override the Governor's veto because he had the votes to raise the gas tax even more," Senator Kathleen O'Connor Ives said. "He wasn't happy because he thought the gas tax should be higher."

"So, while I voted against raising the gas tax and indexing it to inflation, at the end of the day, that measure passed without my vote. And if we hadn't voted to override the Governor's veto that gas tax would have ended up even higher. If that is what the Republicans really wanted, that is on them," DiZoglio concluded.

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